

Planning Forward to an Inspired Future

Building Hope: Envisioning Our Future Facilitator's Guide



Session Purpose: Empower team to build their path forward through a three-step process based on the key components of Hope Theory.

Session Overview: After experiencing a series of unprecedented events, teams will need to regroup and begin to move forward. Providing the opportunity to explore the future can provide a sense of empowerment for a team. This session is designed to focus on the future based on components of Hope Theory: goal setting, willpower, and waypower.

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Introduction: Envisioned Future

Envision Our Future Goal Setting Questions	Facilitator's Notes
Exercise to explore the future: Take ten deep breaths. For the next five minutes think about what the next year will look like. Share your ideas.	Based on your team, you can focus specially on team or take the question broader to all aspects of their lives. For in-person meetings you can have team partner and share their ideas. For remote meetings: You can ask those willing to share to use the Chat Box

Component #1: Goal Setting

Exploring Goal Setting Questions	Facilitator's Notes
Goal Setting- seeking and identifying an idea of where we want to go, what we want to accomplish, who we want to be. Where we want to go? What do we want to accomplish? Who do we want to be?	For in-person team meetings: Provide each participant stack of post-it-notes. Each participant will list one item per note, for all three questions. Encourage participants to list multiple responses for each question.

For remote meetings:

Consider various tools for interaction:

- Lino offers an online white board/post-it-note option for free: <http://en.linoit.com/>
- Poll Everywhere has a free service for 25 or less participants. Polling is anonymous on this tool.

Select volunteers to organizes comments from all three questions into themes. Select two to three themes to explore.

Component #2: Willpower

Exploring Our Willpower Questions	Facilitator's Notes
<p>Will power is the sense of mental energy that propels you towards a goal. A reservoir of determination. No obstacle detours from achieving your goal.</p> <p>Looking at the themes generated from goal setting exercise, what theme do we have the will power to achieve? Why?</p>	<p>Focus on the two to three themes that emerged from goal setting exercise.</p> <p>Vote on which theme possessing the overall willpower of the team. (You could use Poll Everywhere or Lino for voting)</p> <p>Have participants discuss why they believe a particular theme has the willpower of the team.</p>

Component #3: Waypower

Exploring Our Waypower Questions	Facilitator's Notes
<p>Waypower is designing and implementing the path to achieving your goals. Reflection on past success and strategies to overcome obstacles are part of the process.</p> <p>How did we achieve previous goals?</p> <p>Looking at the possible themes generated from goal setting exercise, can you identify several paths to achieving a goal?</p> <p>What are potential obstacles along the way?</p>	<p>Continue your focus on two to three themes that emerged from goal setting exercise.</p> <p>Have team share their perspectives on the path team took to achieve goals. What were the best sand challenging strategies?</p> <p>Have team work in pairs or small groups to answer the next two questions. If team is remote, have pairs/groups present their ideas during a future meeting.</p>

Conclusion

Next Steps Questions	Facilitator's Notes
<p>Reflect on the three-step process, exploring goal setting, willpower and waypower. What are your thoughts?</p> <p>Based on exploring willpower and waypower, which theme should we pursue to develop goals?</p> <p>Next Steps: goal setting, willpower strategies, waypower strategies.</p>	<p>Have team reflect on the previous discussions.</p> <p>List the two or three themes on white board (if remote, can do in Microsoft Teams). List key points for willpower and waypower for each theme.</p> <p>Have vote on final theme to develop goals. Select or ask for volunteers to develop goals, willpower and waypower strategies.</p>