

WEBINAR

THE SCIENCE OF HOPE

AS A FRAMEWORK FOR ACTION

About

Telehealth ROCKS invites you to a 1-hour interactive webinar that will provide participants with practical skills to nurture Hope as both a personal resource and a professional tool. Drawing on the science of Hope, the session introduces participants to the core processes of setting meaningful goals, generating and selecting pathways, and developing strategies to sustain willpower in the face of challenges.

This webinar is online via Zoom and there is no charge to attend. Certificates of attendance will be provided.

Join us

Thursday, December 4, 2025 from 9-10 AM

Presenter

Angela Pharris, PhD, MSW
Associate Professor, University of Oklahoma
Senior Researcher, Hope Research Center

Audience

Schools and organizations who want to include hope in their daily work.

Contact us

Email telehealthrocks@kumc.edu with any questions.

Registration

Scan the QR code of use the link to sign up online.
<https://redcap.kumc.edu/surveys/?s=LE3A44EY9CANLCTK>



Telehealth ROCKS