

WORKSHOP

THE SCIENCE OF HOPE AS A FRAMEWORK FOR ACTION WORKSHOP

About

The workshop expands the Hope Awareness Training by providing participants with important skills to nurture Hope by way of a deep understanding of goal setting, creating and selecting pathways, and building strategies to manage willpower. The workshop allows participants to experience Hope and provides useful tools to find, enhance, and model Hope in any setting. Participants will advance from an awareness of Hope to the application of Hope in their own lives. These workshops cover the same content and are being offered on two separate days, so attendees can choose the session that best fits their schedule.



Dates

April 7 | 9:00–11:30 AM CST

May 6 | 12–2:30 PM CST

Instructor Bio

Dr. Pharris is an Associate Professor at the Anne & Henry Zarrow School of Social Work at the University of Oklahoma. She is also the Director of the Child Welfare Impact Institute and a Senior Researcher at the Hope Research Center. Her research focuses on applying and implementing hope-centered and trauma-informed practices that influence human service programs. Angela's current work centers on child welfare and human service organizations, using hope as a framework for practice. This research contributed to the development of the "Hope Centered and Trauma Informed" training program. Hope is a psychological strength that serves as a buffer against stress, adversity, and burnout, fostering a hopeful mindset that enhances both organizational and individual outcomes.

Contact us

Email telehealthrocks@kumc.edu with any questions.



April Registration
<https://bit.ly/4qVHI7U>

Or scan the QR code!



May Registration
<https://bit.ly/4b1JkTx>

Or scan the QR code!

