



Training options - 2022

The HOPE team is thrilled to be able to offer a variety of HOPE presentations and workshops. We will work with your organization to customize the HOPE training to meet your needs. Below are some of our most requested options, but we're always happy to work with you to co-create what works for your group!

Introductory Training Options

Keynote Presentation

Typically one hour in length, the keynote presentation will cover the research behind Positive Childhood Experiences (PCEs) and their mitigating effects on ACEs, the Four Building Blocks of HOPE, and the power of the brain to heal. The presentation will introduce some ideas of how to incorporate the HOPE Framework into practice.

Introduction to HOPE Workshop

Typically 90 minutes in length, the Introduction to HOPE will be an interactive workshop that engages participants in thinking through how they can promote access to the Four Building Blocks of HOPE in their work. Like the keynote, the workshop covers the research behind Positive Childhood Experiences (PCEs) and their mitigating effects on ACEs and the Four Building Blocks of HOPE. It will also review Type 1 versus Type 2 thinking and what HOPE adds to existing frameworks.

Spreading HOPE Online Modules

This self-paced course offers access to comprehensive research, based in the "Science of the Positive," on how Positive Childhood Experiences drive healthy development and can mitigate the effects of Adverse Childhood Experiences. Through interactive modules, featuring short videos, interviews with guest experts, short quizzes, and supplemental materials, you will learn what Adverse and Positive Childhood Experiences are, how they affect adult health, and how to incorporate a HOPE-informed approach to working with children, families, and communities. We are also able to create organizational logins for entire teams to go through the modules together at a discounted rate.

Find more information at <https://positiveexperience.org/training-workshops/spreading-hope-online-learning-course/>

Intermediate Training Options

2-hour workshop

The 2-hour workshop will include a one-hour presentation as described above in the keynote section. The second hour will include skill building exercises focusing on how to incorporate the HOPE Framework into practice. The second hour will be highly interactive and include breakout groups and opportunities for sharing.

Full day workshop (4 hours)

The full day workshop consists of 2 2-hour sessions that can be delivered in one day (with a lunch break) or over two days. If the organization is new to HOPE, the first hour will include an introduction to HOPE. Alternatively, the full day workshop can be created to meet the needs of a group already familiar with the framework who are ready to dive into action. The subsequent hours will consist of focused skill building exercises and small group work. We work with each organization to customize this training to the needs of the participants. After completing the workshop participants will have clear ideas of how to begin to incorporate HOPE into their work.

Advanced Training Options

Train the Facilitator Workshops

The Train the Facilitator workshops are available to individuals who are interested in becoming certified to deliver the *Introduction to HOPE* Workshop either in their community or internally at their organization. Each cohort completes three sessions each spaced about two weeks apart. At the end of the program, participants are certified HOPE Trainers with the option to be listed on our website and receive stipends for their trainings. We currently offer Cohorts that are open to the public and organization-specific cohorts.

Find more information at <https://positiveexperience.org/training-workshops/public-train-the-facilitator/>

Technical Assistance

The HOPE National Resource Center is always excited to work closely with organizations to provide technical assistance on HOPE implementation. These packages are tailored to the needs of the organization but can include support around: revising intake and assessment forms, reviewing policies through a HOPE-informed lens, creating an internal organizational culture of HOPE, and developing HOPEful resources and materials for families.