

Finding Hope, Living Hope



Hope 1001: Practical Strategies for Using Hope

"Hope is the thing with feathers that perches in the soul and sings the tune without words..." (Emily Dickinson). How hopeful are you? On what do you base your hope? How can you increase hope in yourself and others? Recent studies indicate that **HOPE positively affects every aspect of our lives**. Understanding the influence of hope can help us achieve **balance in life and work**. There are **real skills and strategies** for staying personally hopeful, and for dealing with hopelessness when we encounter it.

In conjunction with **The Hope Studies Certificate Program at NorQuest College**, Star of the North is offering *Hope 1001: Practical Strategies for Using Hope*. The first of a three part certificate program, Hope 1001 explores how a hopeful perspective and practical strategies can positively influence quality of life, health outcomes, and job satisfaction. Participants will

- explore a practical view of the value and nature of using hope
- discover opportunities to identify hope and helplessness in themselves and others,
- learn hope-focused strategies that can be applied in life and work.

Small, in-class groups afford participants the unique opportunity to reflect, utilize, and share in hope-focused exercises. A written, reflective assignment is due three weeks following the course classroom instruction.

See www.norquest.ca for more information.

5 Thursdays, Sept. 16– Oct. 14 6:30-9:30 pm

Cost: \$249.50 (includes tuition, materials & facility costs)

Hope 1002 will be offered Oct. 28– Dec. 2