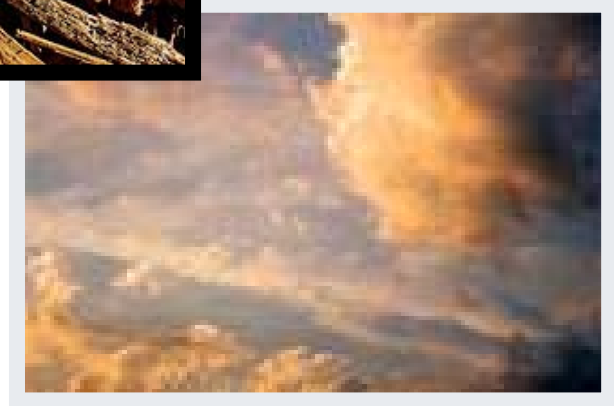


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Big and Small Hope

Rowena Morrow

Peter Hayward



Why is Hope important?



- Hope is motivation
- Hope is resilience
- Hope supports individuals to build pathways into their preferred future
- This is important for foresight, as it is the actions we take in the present that create the future we want.

Outline



- Optimism and Pessimism
- Hope Theory
- Express Hope process
- Levels of Self-sense
- How does Hope look at each self-sense level?
- Hopeful futures

Optimism and Pessimism



- Optimism and pessimism are used as a dichotomy to locate people in relation to the future
- Optimism defined as "a mood or attitude associated with an expectation about the social or material future - one which the evaluator regards as socially desirable, to his or her advantage, or for his or her pleasure."
- Optimism is seen as an important disposition for people to have about the future.

Why optimism is not enough



1. Naïve optimism will result in little action as the current course of society is seen as the best of all possible courses.
2. Dispositional optimism has been shown to be linked to the image of an individual's future and is not correlated with an optimistic view of global futures.
3. Realistic optimism delivers an individual need to evaluate the possible coming future but does not lead to action.
4. Optimism breaks down in the face of rising uncertainty and can result in negative outcomes, such as the over-harvesting of resources.

What is Hope Theory?



- Hope is a learned thinking pattern which manifests in behaviours which are observable.
- Primarily a way of thinking with emotions playing an important role
- Hope Theory was developed by Prof. C.R Snyder and has been used for 20 years in clinical psychology.
- High Hope scores have been shown to positively affect health outcomes, psychological adjustment, college scores etc.
- Three types of Hope – global or Trait Hope, Domain-specific Hope, and goal specific or State Hope.

Definition of Hope Theory

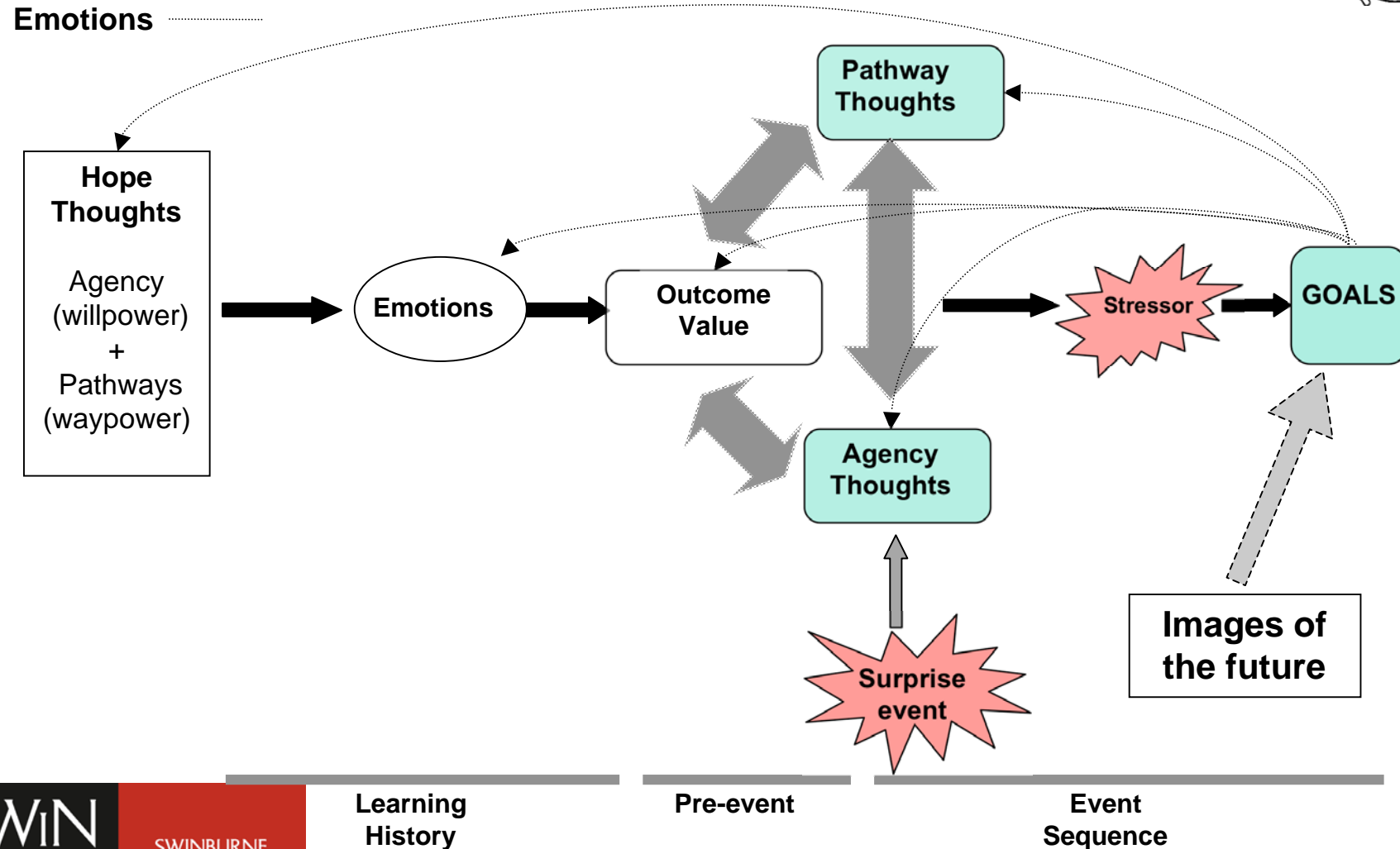


Hope reflects individuals' perceptions regarding their capacities to:

1. clearly conceptualize goals,
2. develop specific strategies to reach those goals (pathways thinking) and
3. initiate and sustain the motivation for using those strategies (agency).

The pathways and agency components are both necessary, but neither is sufficient to sustain successful goal pursuit.

The Model of Hope



High Hope Types



- Are more likely to have a consistent pattern of high hope thinking through time
- Are certain of their goals and challenged by them
- Value the process of goal pursuit as much as the goal itself
- Easily establish friendships
- Enjoy interacting with, and listening to, the perspectives of others
- Are more likely to have higher levels of academic achievement
- Are less anxious
- Are higher in well being, self worth, self esteem and confidence
- Exhibit better recovery from physical injuries

Express Hope



Things are getting easier

*We live in
the best of
possible
worlds*

*Building a
better
world*

Change
via
great
forces

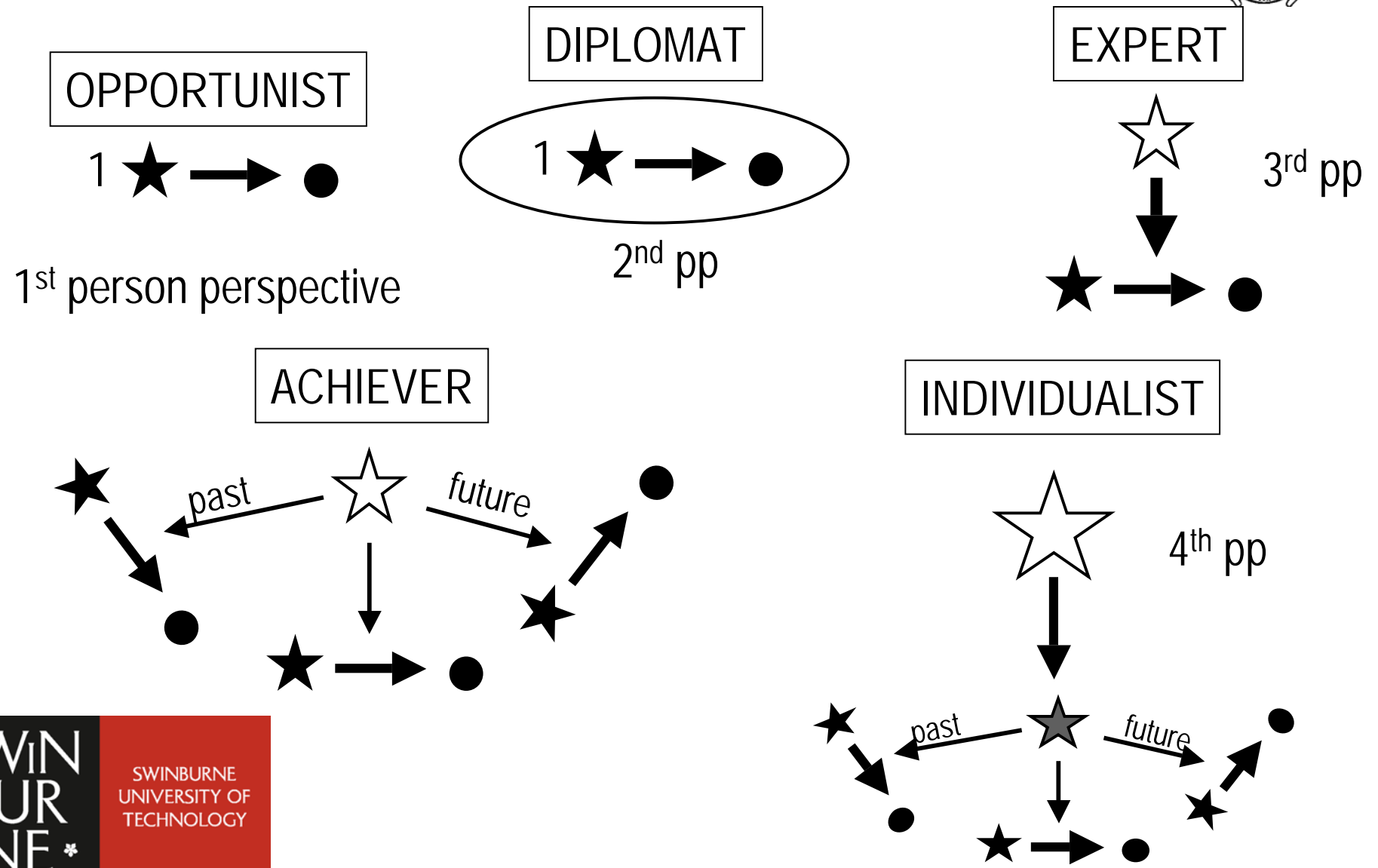
Change
via
individual
agency

*We endure
what is
placed in
front of us*

*We do our
best with
what we
have*

Things are more difficult

Stages of Self (Loevinger)



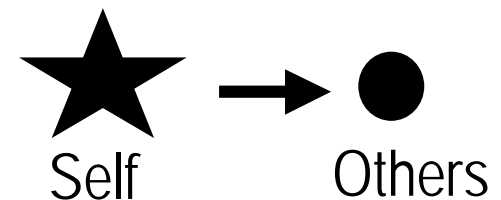
Opportunist



Thinking/Acting: Self-centred. manipulative

Self Awareness: Self description in terms of what I want and need

Social Development: Beginning sense of others as having their own ideas and intentions to get things, therefore I need to compete with them to get my share. Others are seen as competitors for goods, space, attention, power. Win - lose contest.



Diplomat

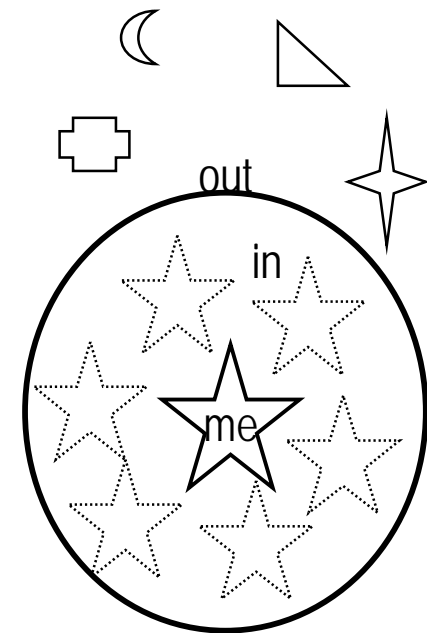


Concrete thinking

SELF: identity from belonging to a group; vital statistics, simple inner states (happy, sad), negative feelings are avoided or suppressed.

Two types of others

- 1) **Insiders:** own family, tribe, group, nation, provides identity, values, protection. Over identifies with group or team. Our group is superior.
- 2) **Outsiders:** those who are different, not part of us. They are to be feared. They can become the enemy. (them vs us)



Expert

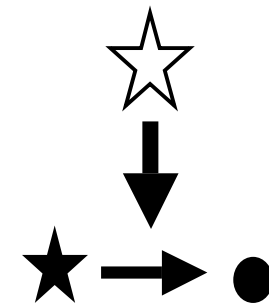


Cognition: abstract thinking. Beginning ability to take a 3rd person or to look at oneself objectively

Self: Separate and differentiated from others, sense of special-ness. Identity = conventional traits, "self-conscious" in the sense of quickly feeling attacked.

Others: are also seen as separate persons who are differentiated from me. Need for constant comparison and measuring. Do others measure up to my ideals or standards? Do I get respect from them?

Third person perspective



Self and others as separate persons. Experts like to stress their unique differences from others

Achiever

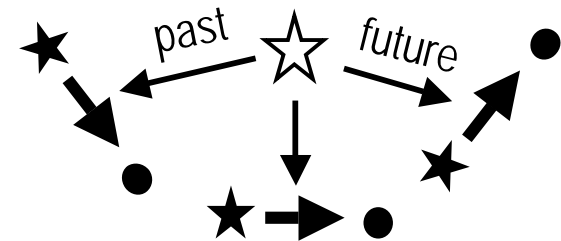


Cognition: Formal operations, clear separation of subject /object, linear causality

Self: Self in society, others with similar goals and interests. Self as it was (traits), self as it should be (goals, ideals)

Positive Expression: rational, determined, self-authoring, conscientious, competence-driven, high self-esteem.

Expanded 3rd person perspective



Time as object: Able to see self and others both backwards and forwards in time > recognise patterns of behaviour, traits, recurring issues

Individualist

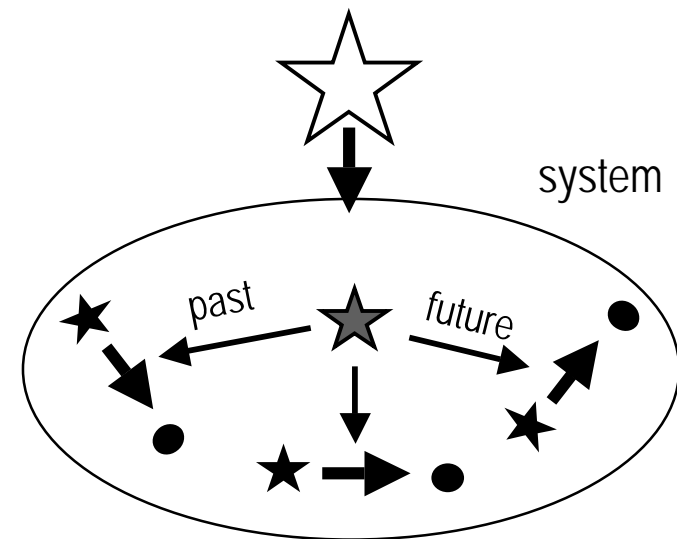


Cognition: beginning recognition of multiple systems and complexity of living organisations.

Self: Discovery of cultural conditioning, non-objectivity as participant-observer, and defensive deception

Positive Expression: vivid individualism, focus on and relish experience in the present, listen to every voice, honour all ideas equally

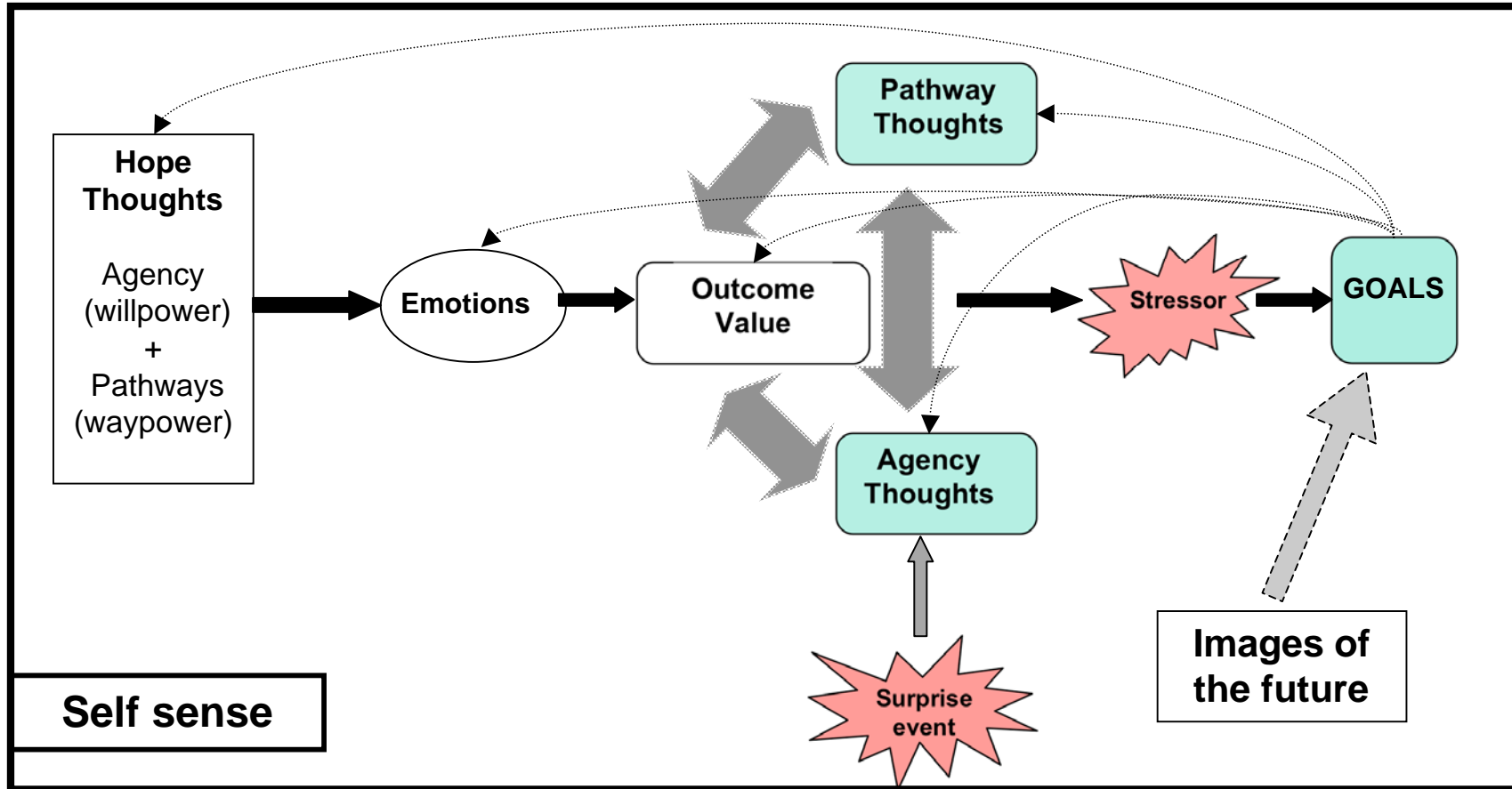
4th person perspective



Hopeful Futures



Emotions



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Questions



Presenter Bios



About Peter Hayward

Peter is the Program Director of the Strategic Foresight program at Swinburne University. He trained as an accountant and economist and had 25 years in a variety of senior management roles in State and Federal Government departments.

Peter's PhD studies were undertaken in the development of individual foresight. He has also published journal articles regarding the intersection of Systems Theory and individual psychology with the practice of foresight in organisations.

About Rowena Morrow

Rowena is currently the convenor of the Graduate Certificate of Strategic Foresight at Swinburne University. She is a generalist by training with post-graduate qualifications in Research, Policy and a Masters in Strategic Foresight.

Today through her company, Prospective Services, Rowena utilises a range of foresight methods to foster leadership and organisational culture via the construction of a long term view.