

Target Audience: local government, human resources, community organizations, faith communities, worksites, park and recreation departments, extension, coaches, chamber and economic development, health care, law enforcement, mental health providers.

Training Overview: Participants will be trained to act as a Hope Champion, an individual who can help community members make connections between hope science, and any school and community initiatives.

Participants in this two-day Train the Trainer course will be equipped to deliver four 2-hour training courses for their school and community:



Trauma and Resilience



Empathic Strain and Self-Care



Building Hope in Yourself and Others



Using Hope Science to Drive Outcomes



Participants will have access to the following opportunities to support their new role:

- A quarterly zoom call open to all members of the Hope Champions Network.
- Ongoing opportunities to learn more about Hope Science including access to an on-line book study of the book *Hope Rising*.
- Four (4) coaching calls to a Project Harmony trainer to review the content of the courses trained.
- A monthly email newsletter highlighting the work of members of the Hope Champions Network.
- The opportunity to share requests for the development of additional training content.