



DE THEORY AND POWER OF HOPE

MODULE 1



HOPE IS THE BELIEF THAT YOUR FUTURE WILL BE BETTER THAN TODAY AND YOU HAVE THE POWER TO MAKE IT SO.

Hopeful people are better able to achieve their goals. They are better able to participate obstacles that threaten to block the achievement of their goal. This translates into motivation and perseverance, where they have the energy to overcome obstacles through different and new ideas. From this observation, positive psychology developed the Theory of HOPE.



This module provides insights into knowledge and the science of hope. How to deal with traumatic experiences and how to grow and flourish towards future and positive goals. We discuss how hope protects against the negative consequences of difficult or unpleasant situations and/or events and how hope can be influenced and supported. The training provides professionals with insights to measure hope and practical ways to increase hope.

For more information and/or booking a training:

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Hope is an important protective factor that enables people to develop and improve their well-being. Hope is also an important source of support within various trauma's, long-term stress situations and burnout.

Applying the science of hope into everyday life situations helps overcome adversities that anyone can face.

Hope is measurable. The HOPE-score measures people's expectations to achieve their goals. From here, pathways can be deployed to help people improve perspectives for their own future. Various tools are available for this.

This training is aimed at professionals and volunteers who to work with people on hope, regain control over their own goals and increase their well-being. The approach of the HOPE-theory can be used in many fields and for various target groups.



European Alliance for Hope and Empowerment European Family Justice Center Alliance

The focus of the European Alliance for Hope and Empowerment is the development of a multidisciplinary approach of gender-based violence, domestic violence, sexual violence and child abuse. One of our activities is training, coaching and support.

A selection of trainings provided:

- Preventing and tackling non-fatal strangulation
- Moral deliberation
- The Istanbul Convention and reporting
- How to build a Family Justice Center and corelated multidisciplinary approach
- Multifocus: a systemic approach of domestic violence
- Hearing and talking with children in cases of domestic violence
- Work with perpetrators in Family Justice Centers and corelated multidisciplinary approach
- Hope and Empowerment as effective tools in trauma-informed care
- Intensive case-management and chain approach in high-risk cases of domestic violence
- Building a WE-culture as basis for an effective and positive multidisciplinary approach
- The role and possibilities of employers and companies in tackling domestic violence

Each training is offered flexible, custom-made and adaptable to the wishes and needs of the applicant. The prices are determined in mutual consultation. The trainings are provided mostly with a duo of trainers, with the focus on quality, multiple input based on experience of the trainers. The EFJCA and F&G Company can rely on partnerships and network partners to provide the most appropriate trainings.

For more information, please contact the EFJCA



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