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# Welcome + Check-In

Please share in the chat:

- Your name
- Your organization
- One word or phrase

**“When you feel stuck in your work, what usually helps you move forward?”**





# Expanding Pathways

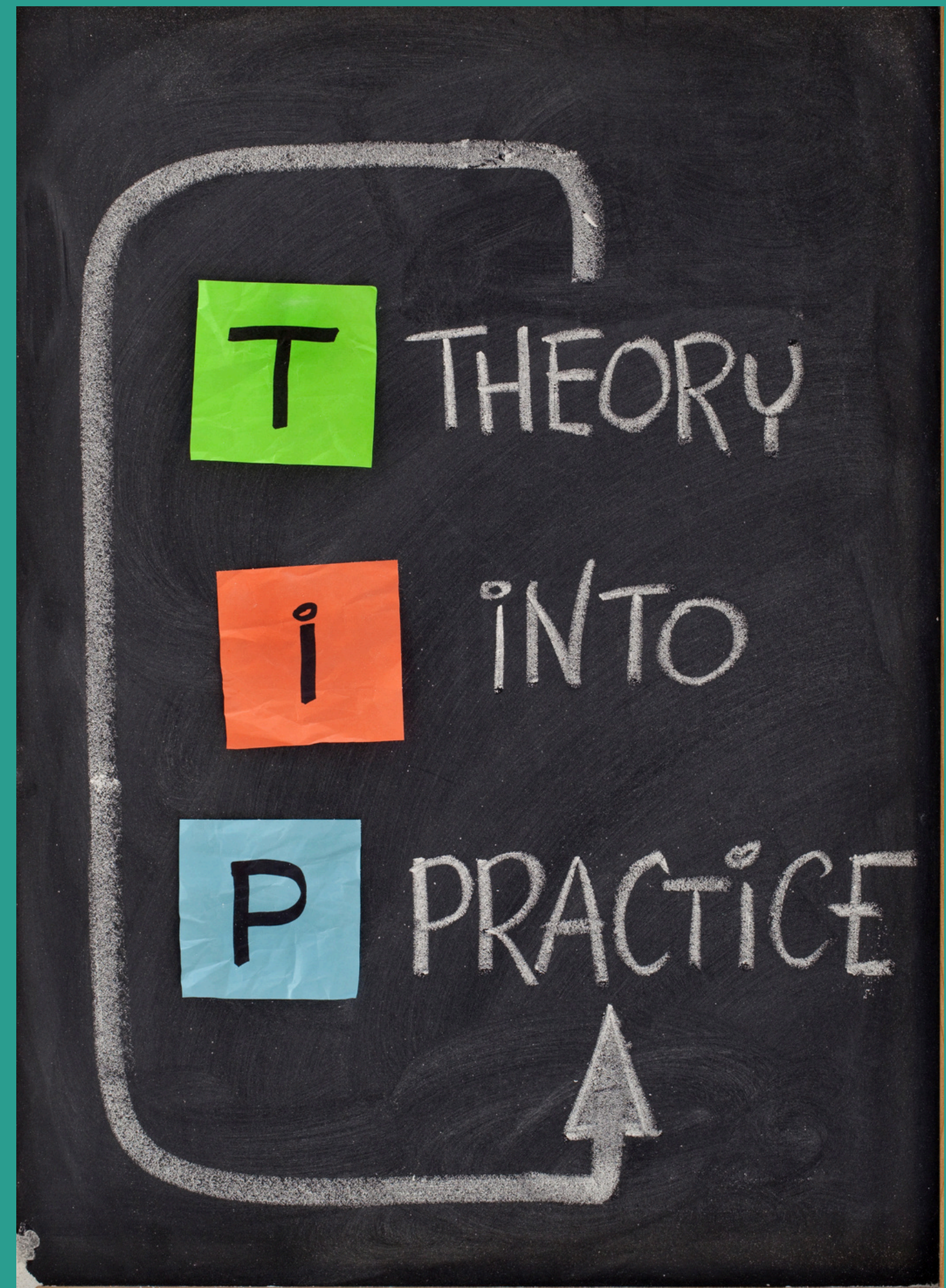
## MOVING FROM BARRIERS TO POSSIBILITIES IN PRACTICE

April 2026 | Science of Hope Community of Practice



## From Learning → Practice

- We've been learning about hope
- Today, we're using it
- Focus: real situations from your work
- Goal: leave with something you can try



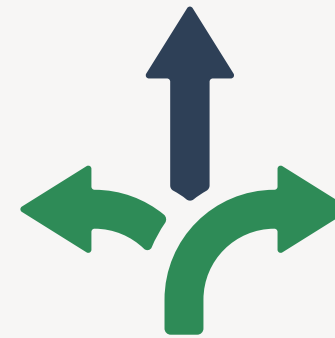
### What is the Science of Hope?

Hope is a research-based way of understanding how people move toward a better future.

Hope grows when people have meaningful goals, can see ways forward, and believe their actions matter.



**Goals**  
Clear, meaningful, and achievable goals that give people something to work toward.



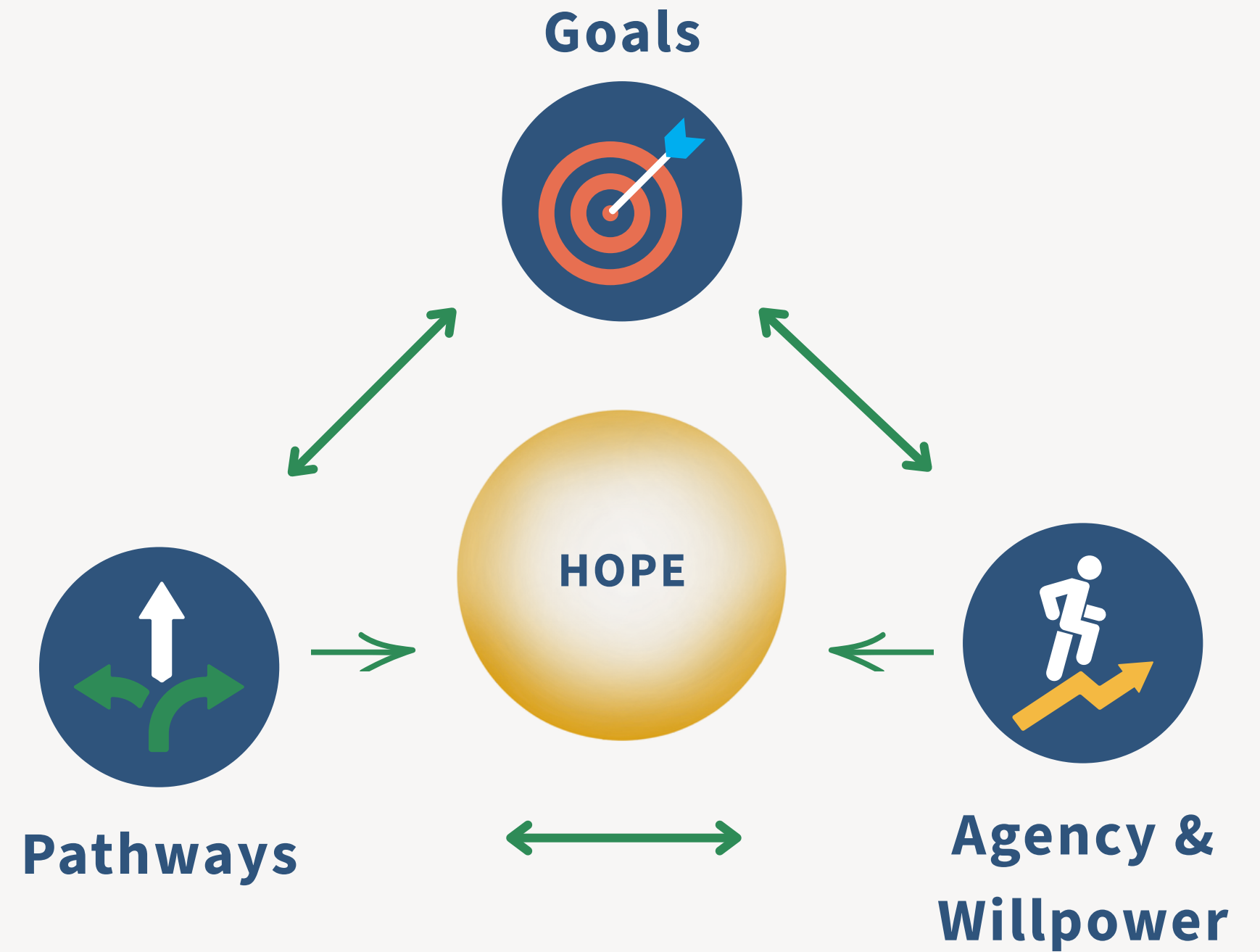
**Pathways**  
Different strategies or routes people can take to reach their goals.



**Agency & Willpower**  
The belief, energy, and motivation that you can move toward and achieve your goals.

## Understanding the Science of Hope?

Goals, pathways, and agency (willpower) reinforce one another.



## Pathways

Different ways people, organizations,  
and communities move toward their  
goals.

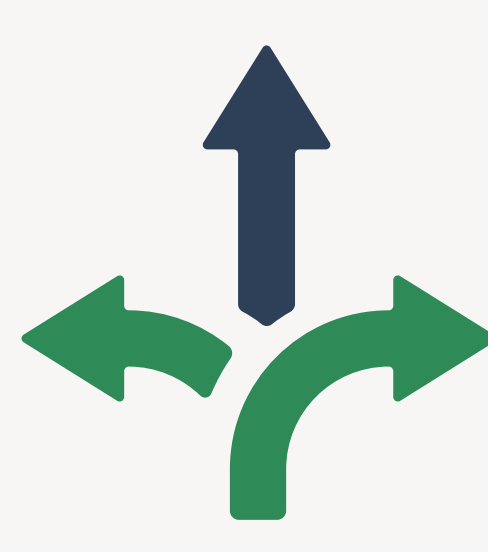
**There is always more than one pathway.**



## Why Pathways matter

▶ When options expand → **hope expands**

People are more likely to:

- 
- ✓ Stay engaged
  - ✓ Keep trying
  - ✓ Adjust when things don't work



## EXPANDING PATHWAYS



See more than one option



Adjust when something doesn't work



Get support to find new routes



Option 1



Option 3



Option 2

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## Think of a Real Situation


- Where does someone feel stuck?
- What barriers are present?
- Be specific



## Your New Role: Hope Consultants\*

- Today, you are not here to solve problems
- You are here to help expand what's possible
- Think: fresh eyes, new ideas, different angles

\*No certifications required



Your success  
is our goal

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# This is Not About Being Right

- You don't need the "best" answer
- You don't need to fix anything
- You are here to:
  - Notice possibilities
  - Offer ideas
  - Build on each other

**"More options = more hope"**



# Think Like a Hope Consultant

- What's another way this could go?
- What hasn't been tried yet?
- What might help even a little?
- Who else could support this?



## Try This Approach

- Be curious, not certain
- Be creative, not perfect
- Say ideas out loud—even if they feel unfinished
- Build on each other's ideas

Sometimes the “random” idea opens the best pathway



# How It Works

## 1. Share (Presenter)

- Tell us where things feel stuck

## 2. Ask (Group)

- Ask a few clarifying questions

## 3. Consult (Group)

- Talk together → expand pathways
- (Presenter- video off and listen only)

## 4. Reflect (Presenter)

- What stood out? What feels useful?



# As You Work

- Focus on possibilities, not limitations
- You don't need to agree
- More ideas = better
- Stay open and curious

**"Let's expand what's possible."**



## Groups of 3-4 (25 mins)

### Each Person

- **Share:** 1.5–2 min- Describe where things feel stuck
- **Clarifying questions:** 1 minute- Ask questions only
- **Consultants discuss:** 3 minutes- Discuss ideas (presenter listens)
- **Reflection:** 30-60 sec- What stood out?



## Before you go:

Please take a few minutes to complete the short survey at the end of today's session. Your feedback helps shape future Hope Community of Practice Sessions.

Questions or want to follow up?



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