



June 2026

Science of Hope Community of Practice



Agency in Action

What Helps People Move Forward Within Systems and Relationships?

About This Session

This month, we'll continue our mini-series exploring the foundations of hope by focusing on agency — the belief that our actions matter and that movement forward is possible. In complex systems and relationships, people may experience barriers, uncertainty, or limited control.

Together, we'll reflect on what helps people feel capable of taking action, navigating challenges, and moving forward with support, connection, and hope.

What to Expect

This session will be interactive and discussion-based, with opportunities to reflect, connect, and learn from others. We'll break into small groups to identify practices that build agency and momentum.

Focus Area: Agency

Hope grows when people believe their actions can make a difference.

- Explore what strengthens agency in individuals and systems
- Reflect on barriers that reduce confidence or movement
- Identify conditions that help people take meaningful action
- Learn from each other's experiences and perspectives



Wednesday,
June 10, 2026
12-1 PM



CLICK HERE
to Register



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Website:
[FYJP Science of Hope](#)

Open to all system partners interested in learning, sharing, and building hope-centered systems together.