
Where do you most often see agency emerge?

Please share in the chat:

- Your name
- Your organization
- One word or phrase



AGENCY IN ACTION

What Helps People Move Forward Within Systems and Relationships?

JUNE 2026 | Science of Hope Community of Practice



TODAY'S INVESTIGATION

Today we will investigate:

- What strengthens agency
- What weakens agency
- How systems influence movement
- Small shifts that help people move forward



What is the Science of Hope?

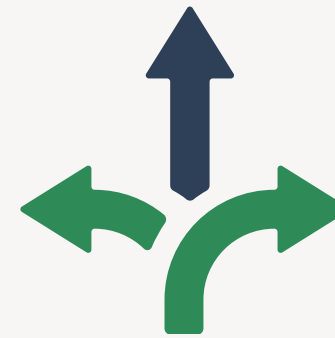
Hope is a research-based way of understanding how people move toward a better future.

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.

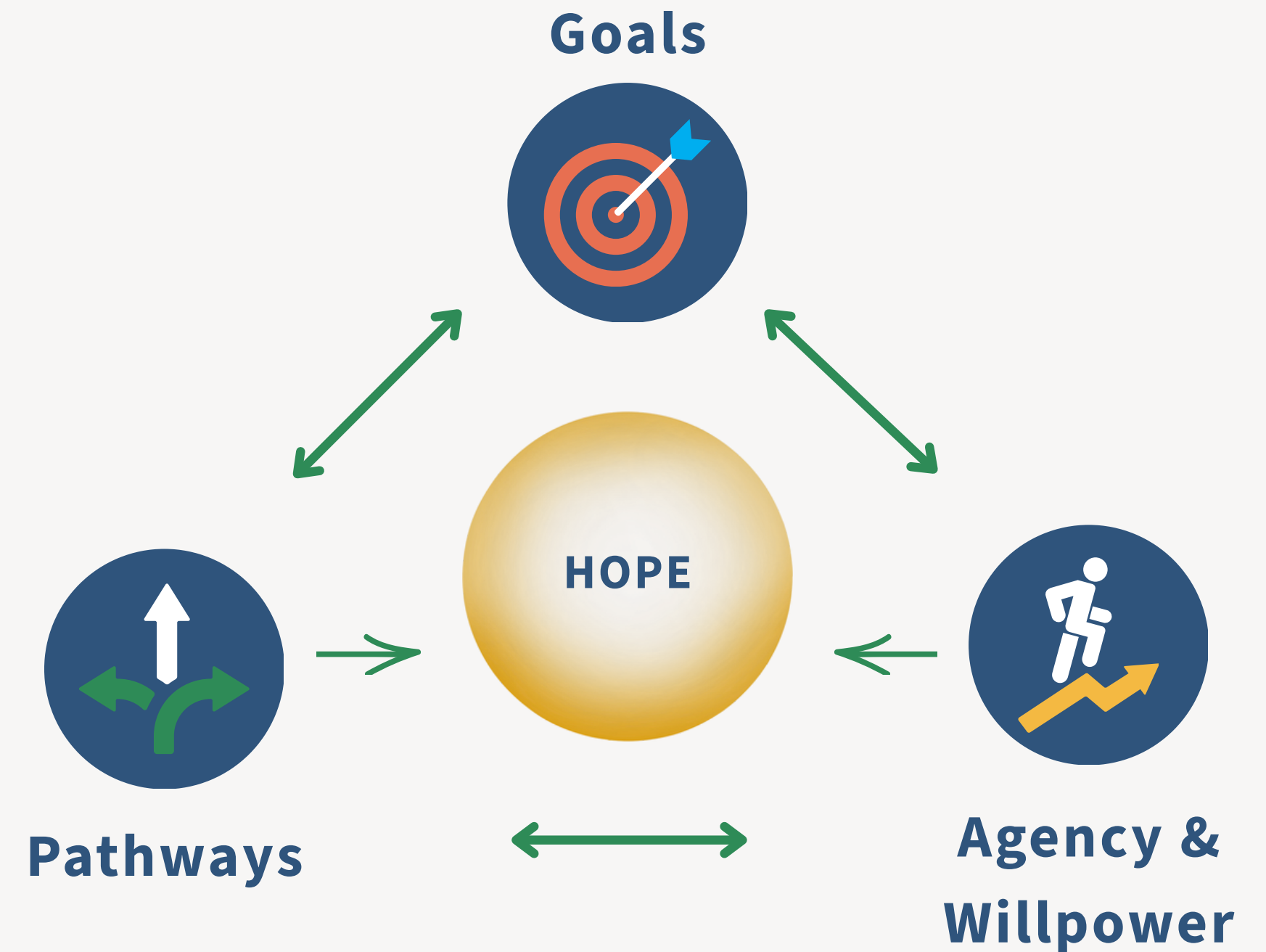


Agency & Willpower

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.

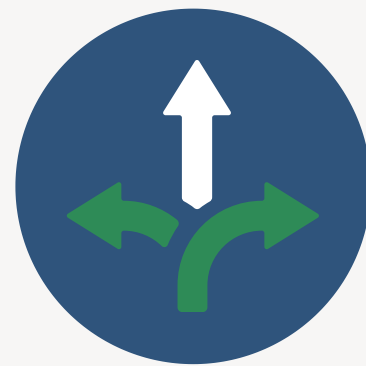


Agency in Action

How hope becomes movement.



GOALS



PATHWAYS



AGENCY



ACTION



Agency turns possibility into action.
Without agency, goals remain wishes and
pathways remain ideas.

Agency in Systems

Agency is not just an individual trait.

Systems, relationships, and environments can strengthen or weaken agency.

AGENCY GROWS WHEN PEOPLE:

- ✓ Have meaningful choices
- ✓ Understand their options
- ✓ Feel heard and included
- ✓ Experience support and encouragement
- ✓ Experience progress
- ✓ See that their actions matter

TRY THIS IN YOUR WORK



Where do people have meaningful choices?



Where might agency be unintentionally constrained?



What helps people feel capable of moving forward?



What small shifts could strengthen agency?



Last Month: SHARED GOALS



Hope grows when people can
see how their efforts connect
to something larger.



This Month: AGENCY IN ACTION



Hope grows when people believe
they can move forward.

AGENCY INVESTIGATORS NEEDED

Mission:

- A person, family, team, or community wants to move forward.
- Something is getting in the way.
- Your job is not to solve the problem.
- Your job is to investigate agency.



CHOOSE YOUR INVESTIGATION

Room 1

 Court & Legal Systems

Room 2

 Behavioral Health & Substance Use

Room 3

 Schools & Youth Supports

Room 4

 Community & Basic Needs

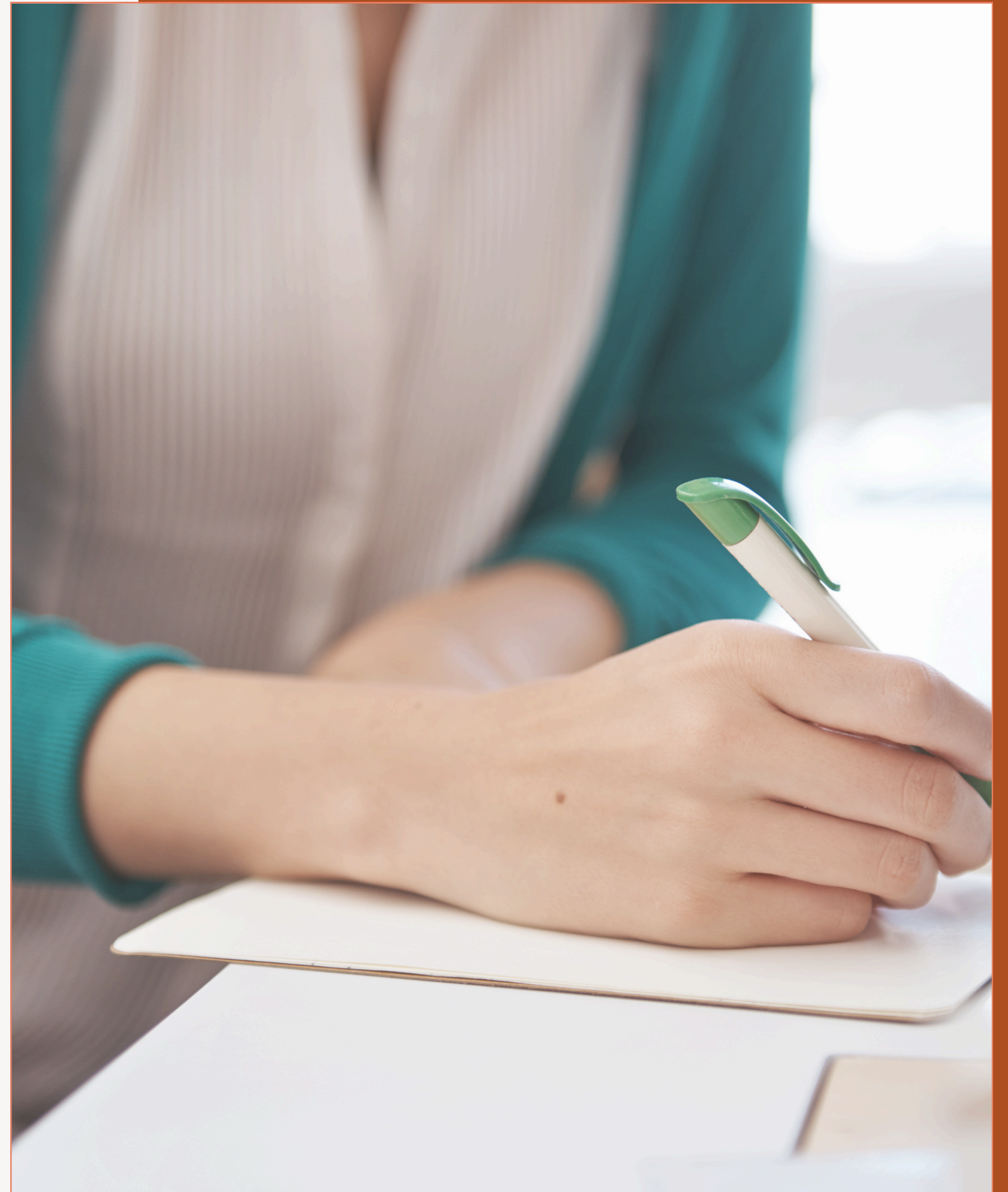
Choose the challenge that feels most relevant or interesting to your work.



INVESTIGATION INSTRUCTIONS

One Clue Keeper

- Captures notes
- Completes worksheet
- Returns worksheet after the session



INVESTIGATE

Clue #1

Where is agency present?

Clue #2

Where is agency constrained?

Clue #3

What relationships matter most?



THE CASE OF THE MISSING AGENCY

Investigate:

- Where agency is present
- Where agency is constrained
- What relationships matter



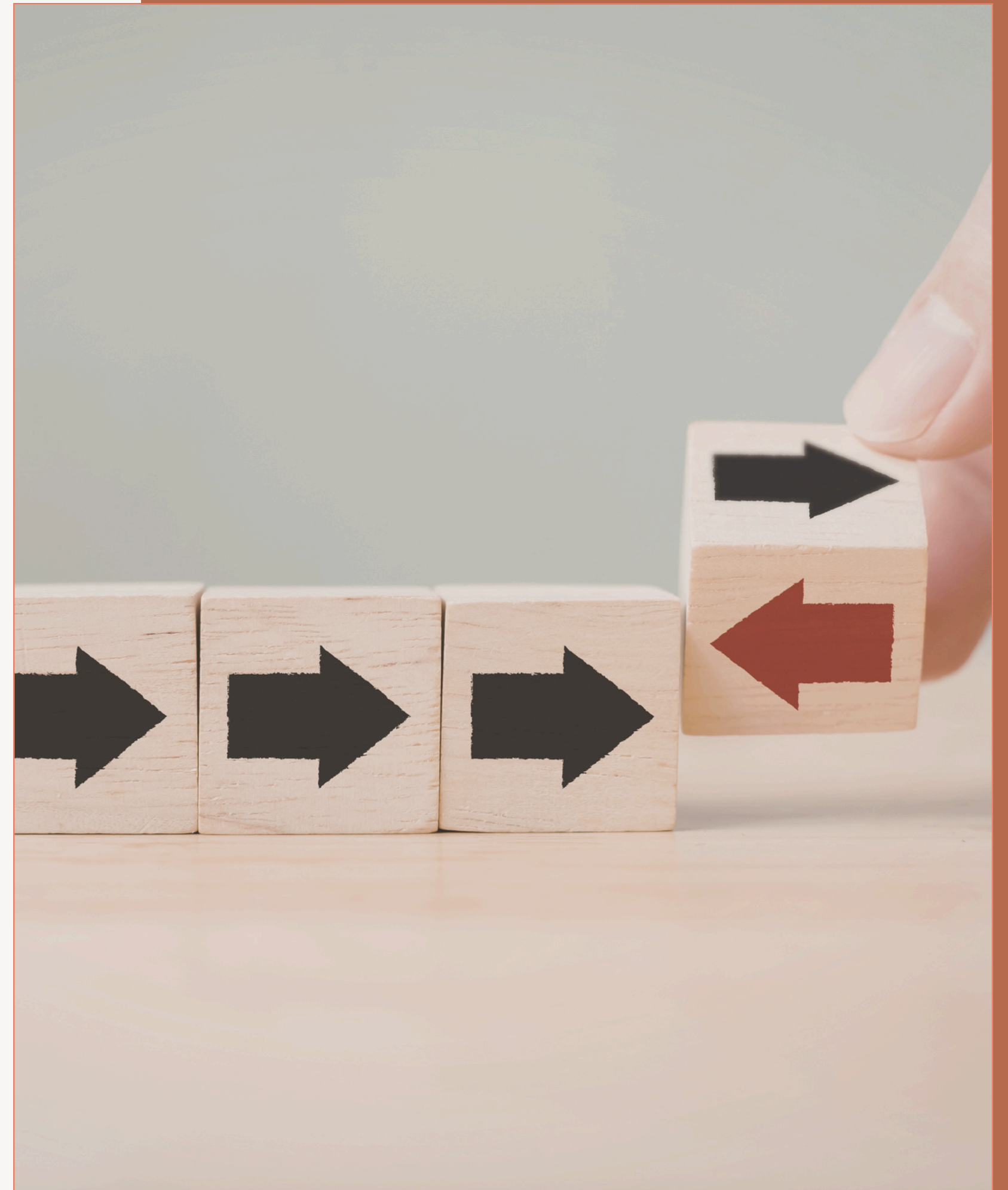
DESIGN SHIFT

Clue #4

- What is one small shift that could strengthen agency?

Agency Signal

- What would you look for to know agency is growing?



LET'S INVESTIGATE TOGETHER

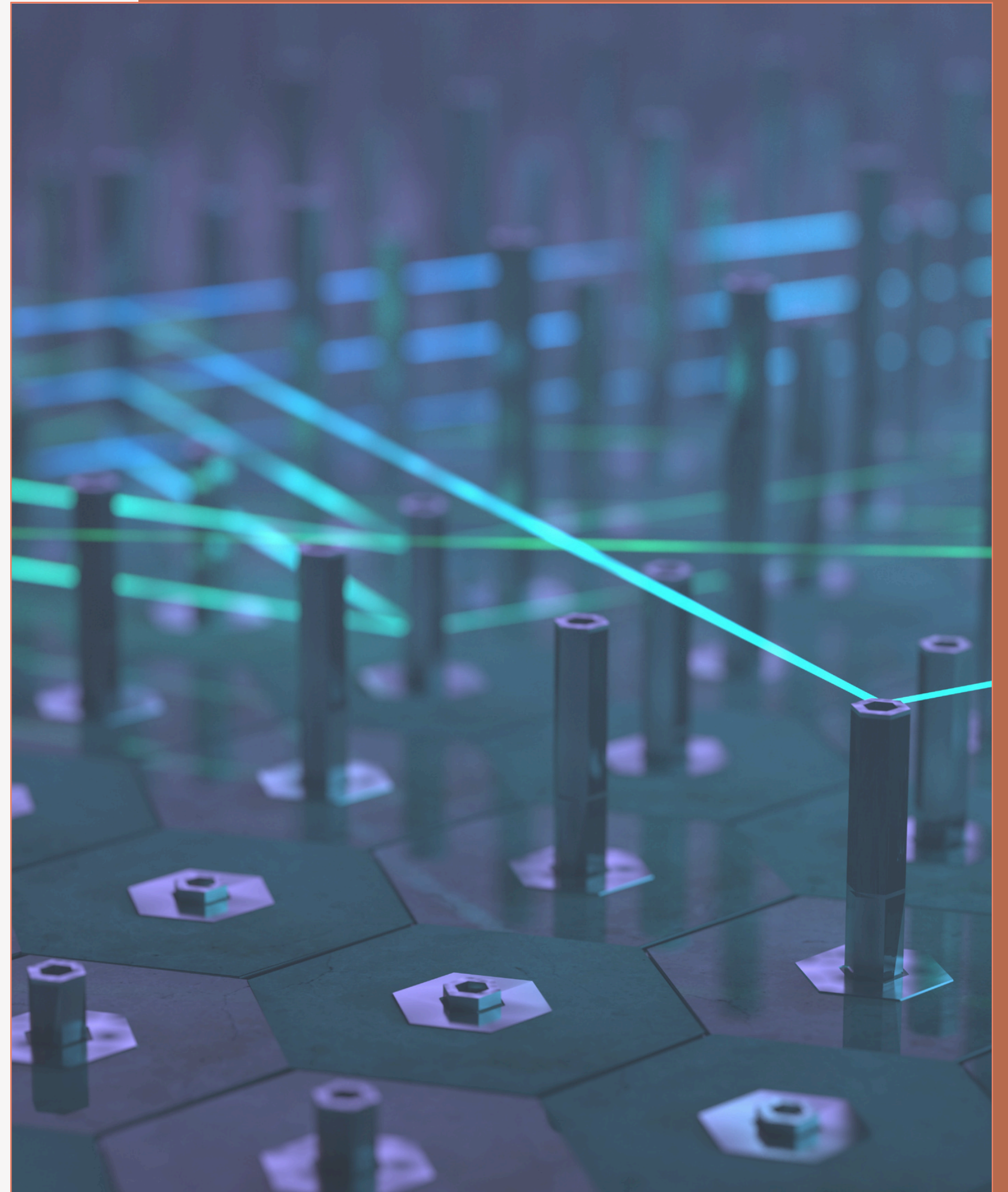
Discussion

- What surprised your team?
- What clues stood out?
- What patterns emerged?
- What relationships mattered most?



LET'S HARVEST AGENCY SIGNALS

Agency grows when...



WHAT WE LEARNED

Agency grows when people:

- ✓ Have meaningful choices
- ✓ Understand options
- ✓ Feel supported
- ✓ Experience progress
- ✓ See that their actions matter
- ✓ Experience connection and belonging



NEXT MONTH

Measuring Hope

Data, Outcomes & Learning





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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