

HÖPE Matters



Facilitators: Marie Dunne & Martin Heaney from
RESILIO a Mental Health Charity in Ireland

Hope Matters is a new skills programme developed by RESILIO. It is based on research that suggests 'Hope is a teachable skill'. The three hour programme aims to equip individuals with the knowledge and skills to grow and maintain hope within themselves and others during these challenging time.

Hope is one of the strongest protective factors in reducing the risks of suicide and self-harm. Contents of the 3 hour interactive workshop will cover:

- Introduce the concept of HOPE
- Explore the evidence and how it is linked to supporting the recovery of trauma
- Introduced to skills and knowledge to develop and maintain hope, even during these challenging times
- Have the confidence to act as an ambassador of hope in your families,, communities and workplaces



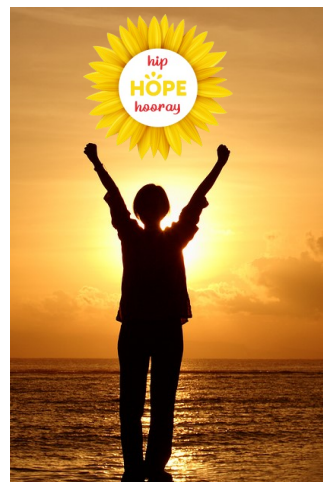
**Training will last for 3 hours and
will be delivered on Zoom**

**Global Learning Festival
Hope Matters Training Date**

Wednesday 10th Nov 2021
9.00am - 12.00pm (GMT)

Maximum of 14 participants

When you have completed the training you may wish to further develop your skills by attending one additional 4-Hour module where you will have the opportunity to be trained as a Facilitator to deliver Hopeful Minds programme to children and young people



To book - <https://globallearningfestival.com/event/hope-matters/>