Global Hope Challenge

DID YOU KNOW? HOPE IS TEACHABLE.

WHY THE GLOBAL HOPE CHALLENGES?

- The Global Hope Challenges were created by experts using Hope Science, and help you develop the skills you need to overcome challenges, achieve your goals, and set yourself up for success and fulfillment, both now and in the future.
- The Global Hope Challenges introduce the Five Keys to SHINE Hope™, the critical hope skills you can use to move from hopelessness to hope and to maintain a hopeful mindset.
- When you complete the Global Hope Challenge, you receive daily e-mails that include short lessons about the day's hope skill, guided workbook reflections to help you monitor your progress, and daily activities to help put your hope skills into action.

Global Hope Challenge
5 Days. 5 Lessons. 5 Actions.

WHY HOPE?

- Hope is a known protective factor against anxiety, depression, addiction, and suicide. Hope positively impacts all outcomes in life, including academic achievement, athletic performance, health, and resilience. Higher hope is associated with higher grades, improved attention in class, better sports performance, better quality relationships, and less likelihood of violence, risky behaviors, addiction, and loneliness.

WHY NOW?

- Covid-19 and inequality have created unprecedented stress on people around the world. Our ability to effectively manage and adapt to these times determines our success as a society. The Global Hope Challenges teach hope skills and Hope Science you can use to create, maintain, and grow hope.

"Hope is a positive feeling and inspired action. It is not a wish. Hope is a proven strategy that impacts all life outcomes.

- Kathryn Goetzke, MBA,
iFred Founder

We would like to thank our Sponsors:

iFred™
shine a light on
~~depression~~ HOPE

Learn more about the Global Hope Challenge by visiting www.globalhopechallenge.com

@ifredorg @ifredorg @ifredorg