

Learning Programme: Finding Tangible Hope in Demanding Times

Session Plan

The programme consists of eight weekly online meetings, beginning on **1 October 2026** and continuing on the following dates: October 8th, 15th, 22nd, November 5th, 12th, 19th, 26th.

This sessions will take place on-line on Zoom platform. The session length is maximum 2 hours including a short break.

In-between tasks will be carried out by the learners between the sessions. The tasks aim to integrate personals, professional reflection with context analysis. Each task should not take longer than 1 hour to complete.

Date	Session	Session Plan and Tasks	Learning Goals
1 October	Session 1. Introduction to each other and to the Programme	Welcome, sharing names, small groups chat for getting to know each other (question tbc)	Thematic: Hope as active, outward looking, connecting VS blind, passive optimism; Group building; Focus on engaging personal reflective learning; Learning methods and learning journey as 'hope-full'
		Co-create group rules for the 'safe learning space'	
		Short input on hope and discussing ideas on what makes it tangible	
		Go through the programme 'process and methods, Q&A, give a task for in-between	
	<i>In-between task-1.</i> 'Biography work'.	Task: think back to your personal story. Can you see where were you driven by optimism and where were you driven by a sense of hope? Be ready to share some of it in small groups	Personal biography as a resource
8th October	Session 2. Exploring hope through personal stories.	Small groups sharing of personal stories;	Remember to remind participants about confidentiality

	Introduction to programme themes.	Plenary: Bring feedback from the groups, discuss how their personal stories may encompass their learning and co-create the programme;	Thematic: hope as a sense of personal agency, rooted in a goal-oriented commonly developed understanding that we can make the world better Thematic: hope as: Outward looking – relationship building-oriented - See Subversive – analysis of context - <i>Judge</i> Tangible and resilient – action and practice – <i>Act</i> <i>How can this understanding inform my professional practice?</i>
		Introduction to the themes of the programme: hope as outward looking, subversive, tangible	
	<i>In-between task -2.</i> Going deeper in the personal story	Steps 1 and 2: Shortly after the end of the session do 15 min free writing on what 'moved' you in the session A few days later come back to your personal story and examine it through the lens of your learning in this session. Do you see anything differently?	
15 th October	Session 3. Hope is subversive	Input: hope that is subversive. Ideas of Sabbath and Shalom	Quick Q&A Critically exploring context
		Personal work: how does this dimension of hope resonate with you and with your working context?	
		Work in small groups: share your reflections	
		Plenary feedback	
	<i>In-between task-3.</i> Context analysis	Reflect on meaning Shalom and Sabbath for you. Can you think of how hope may be explored as subversive in your personal environment and in your working context?	

22 nd October	Session 4. Hope as tangible	Short input: connection to Biblical text(s) that show hope as tangible	
		Group work: what makes hope tangible for you? Where in your practice do you find tangible hope?	
		Plenary sharing and evaluation of learning	
	<i>In-between task-5.</i> Exploring a context of the working place with people	Approach several colleagues and participants/service-users in your working context with this question: What in your practice/ in this space stands for a tangible hope and why? Bring your answers to the next session	The question may be changed to fit the context. These may be individual interviews or maybe a small group discussion. Take an angle of appreciative inquiry, going for what is strong, not what is wrong, recognise what is working well for people
5 th Nov	Session 5. Hope as tangible	Input: seeking hope as rebuilding relationships and everyday peace	
		Group work: Discuss answers that you received from your colleagues and service-users. Draw together ideas for developing tangible hope. What kind of vision emerges for you?	
		Plenary feedback and evaluation	
	<i>In-between task-6.</i> Developing ideas for practice	Personal work: Write down ideas that came from this session. What challenges do you see arising from this research for your practice?	
12 th Nov	Session 6. Hope as resilient	Input on practice as restoring personhood, empowering agency and enhancing participation. Practice as learning with people on the margins	
		Group work: in your group, share and discuss the sources of resilience for you. Think of the strategies of self-care and overcoming fatigue	
		Plenary feedback and evaluation	

	<i>In-between task-7.</i> Strategies of self-care and overcoming fatigue	Come up with concrete practices of self-care and a plan for implementing them. Can some of them be suggested for your team or organisation?	
19 th Nov	Session 7. Developing professional practice towards tangible hope	Group work: Talk through the challenges that you wrote for the development of your practice. Listen to the feedback from the group Plenary: sharing of challenges and discussion how they may be approached. Evaluation	Horizon of mutual understanding
	<i>In-between task-8.</i> Developing practice	In the light of the programme, produce an action plan or describe how a hope-informed action of future developments in your place with your church/group(s)	
26 th Nov (with a possible change to a week later)	Session 8. Bringing together programme learning and final evaluation	Plenary: sharing the stories or/and action plans Conclusion: drawing programme learning together Final evaluation	