

Practical Hope

The most vital resource?

Julie Allan



There were many things that needed paying attention to at COP26, but keeping hold of an active form of hope, to stay engaged, seemed among the necessities. It seems that the work of becoming ecologically aware and then acting on the arising understanding has many difficulties in our prevailing circumstances.

I used to quote Vaclav Havel on the topic of hope. He wrote, “hope is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.” Havel, a playwright who saw both prison and presidency during a period of huge change and upheaval for the former Czechoslovakia, must have needed hope a lot.

These days, granted that ‘sense’ is a somewhat subjective construct, it is hard to hold any notion of certainty. Hope, however, remains of great importance, particularly in times of difficulty of any sort that can and does arise in any human lifetime. There is continuing evidence for its helpfulness and, in particular, for those aspects of hope that are active and engaged.

So, for these and other reasons, the facilitated session I offered adjacent to this year’s AMED AGM in September 2021, drew on the work of Graham Leicester at the International Futures Forum and of Joanna Macy, to explore Practical and Active Hope. It was not recorded at the time, as it was for personal reflection and free conversation. However, I have re-recorded it and [this is the link](#).

Grab a pencil and paper and give yourself perhaps up to half an hour – I speak for around 10 minutes, to introduce some thoughts about hope that I have found very resourcing. And the rest is space for your own thoughts and reflections, with some prompts, to connect with your own wonderful hope and consider what that means for you.

Do get in touch with me and/or amed.org if you'd like to consider the questions in company – I'd be happy to host a coffee conversation - or maybe convene your own, with online screen share or in-person meeting.

References (including for the Prezi)

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About Julie

Julie Allan is an AMED trustee and a chartered occupational psychologist with a focus on leadership, wellbeing and wiser ways. A former journalist, she has written non-fiction books and chapters about story, coaching psychology, ethics, gestalt and supervision. Her work is founded in the science and practice of human development, and draws on the ancient wisdoms of story and the perennial wisdoms of poetry to seek sustainable futures in the present.

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A note about AMED

Sadly, so far, nobody has expressed a willingness to take over from the outgoing AMED Council. So in the circumstances, the EGM on 26 May is likely to confirm that AMED will finally cease to operate as an educational charity by the end of 2022 at the latest.



AMED stands for the Association for Management Education and Development, www.amed.org.uk. We are a long-established membership organisation and educational charity devoted to developing people and organisations.

Our purpose is to serve as a forum for people who want to share, learn and experiment, and find support, encouragement, and innovative ways of communicating. Our conversations are open, constructive, and facilitated.

Through AMED, we strive to benefit our members and the wider society. Exclusive Member benefits include excellent professional indemnity cover at a significant discount, free copies of the quarterly journal *e-O&P*, and discounted fees for participation in a range of face-to-face events, special interest groups, and our interactive website. We aim to build on our three cornerstones of **knowledge**, **innovation** and **networking** in the digital age. Wherever we can, AMED Members, Networkers and Guests seek to work with likeminded individuals and organisations to generate synergy and critical mass for change. www.amed.org.uk, or contact **Linda Williams**, our Membership Administrator, E: amedoffice@amed.org.uk, T: 0300 365 1247