

TEN evidence-based reasons to create and sustain a hopeful group:

Our cognitive problem solving abilities are stronger...we can actually THINK clearer and better.

Individuals who are hopeful both request help and offer help more readily than those who are not hopeful.

The more hopeful a person is, the more willing they are to forgive and let go of resentments.

We know that productivity—work output—increases when people are hopeful.

Hopeful individuals are more creative and have a greater quantity of ideas.

There is reduced incidence of unresolved long-term conflict in groups when individuals are hopeful.

Our immune systems and overall health are strengthened. For businesses in particular, this means less sick leave and reduced health-care costs.

Individuals stay with groups longer when they are hopeful. For businesses, this means less turnover, and reduced orientation and training costs. For community groups this means less recruitment of new members and a group who carries a longer mutual story together—a more solid group committed to the cause.

Groups who are hopeful are more willing to pursue collaborative strategies with other groups.

Finally, we know that hope in a work or community group spills over into a person's home life. There is a contagion factor to hope.