



# The Impact of Hope Rising in...

# Athletics

## FACT

### **HOPE HAS A POSITIVE IMPACT ON PERFORMANCE.**

#### **High hope scores have been shown to predict:**

- Higher levels of dedication in athletes
- Higher levels of effort in athletes
- Higher national qualifying marks in athletic competitions
- Faster reaction times
- Increased ability to concentrate
- Higher levels of improved performance vs. athletes motivated by anger
- Ability to compete at higher athletic levels

## FACT

### **HOPE POSITIVELY IMPACTS THE WELL-BEING OF ATHLETES.**

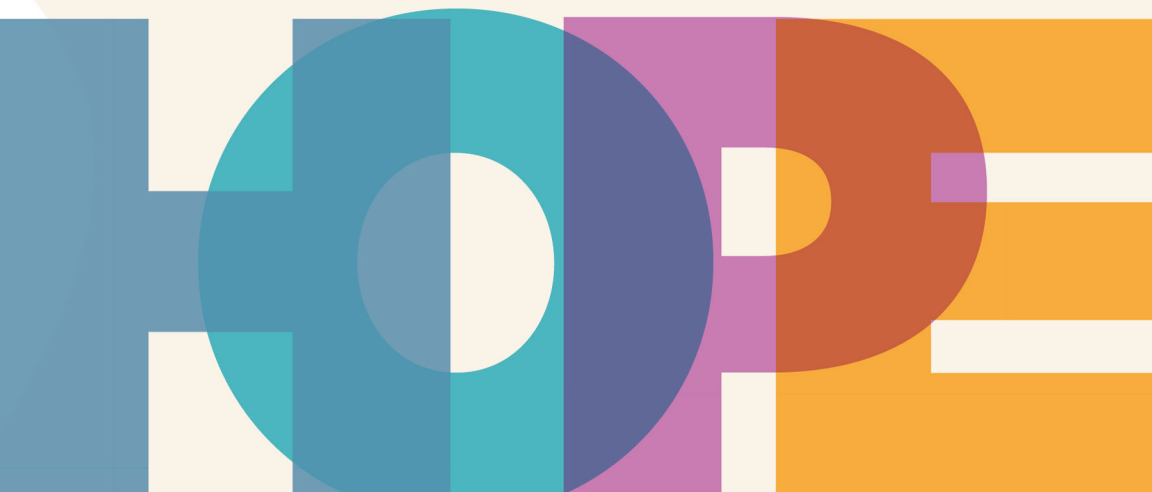
#### **Athletes with high hope scores:**

- Are less likely to perceive situations as stressful
- Experience fewer negative emotions
- Are less likely to experience burnout and performance slumps
- Are more likely to succeed in school, graduate from high school and pursue higher education

## FACT

### **HOPE CAN BE TAUGHT!**

Numerous studies show that hope can be instilled and increased through simple interventions. Through our **Hope-Driven Coaching initiative**, Hope Rising Oklahoma equips coaches to create safe and hopeful spaces for athletes and produce positive outcomes.



# About HOPE-DRIVEN COACHING

**Hope-Driven Coaching** is an initiative of **Hope Rising Oklahoma**, anchored in the evidence-based hope science research of Dr. Chan Hellman of the University of Oklahoma and the trauma repair research of Dr. Bruce Perry, developer of the Neurosequential Model.

**Our mission** is to empower teams, athletes and coaches through leveraging hope-driven, trauma-responsive science.

Hope-Driven Coaching equips athletic directors and coaches to:

- Understand how the brain works, develops, changes and is impacted by developmental adversity—including trauma
- Leverage neuroscience to build resilience and strengthen performance
- Assess and grow hope levels among athletes and staff

**When coaches implement hope-driven, trauma-responsive strategies, everyone wins. To learn more, visit [hopedrivencoaching.org](http://hopedrivencoaching.org).**

## ABOUT HOPE RISING OKLAHOMA

More than 2,000 studies have shown that hope is the single greatest predictor of success in education, work, health, mental health, social relationships, family relationships and trauma recovery.

**Hope Rising Oklahoma** offers an evidence-based, accessible, teachable method for raising hope levels in ourselves and those we lead and serve. Whether you're a private sector executive, a nonprofit leader, an educator or a healthcare provider, you can use the science of hope to impact your outcomes and create exciting, lasting change.

**Learn more at [hoperisingoklahoma.org](http://hoperisingoklahoma.org).**

