



# Cathleen Beachboard

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Psychological Hope Educator, Culture Builder, and Speaker

## THE NEED:

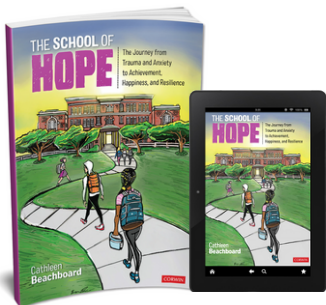
The pandemic has, at whirlwind speed, increased the challenges schools face. Today schools are dealing with:

- A national decline in child and adolescent mental health
- Higher rates of student/staff anxiety, stress, and apathy
- And elevated rates of staff burnout and resignations.

Stress, anxiety, and trauma can change the brain, negatively impacting well-being and learning. However, research shows that increasing hope can change the brain, too, and act as a positive cognitive asset to improve resiliency, achievement, and happiness.

## THE VOICE:

Cathleen Beachboard is an award-winning educator, best-selling author, and leading innovative expert on raising psychological hope in schools. Her Building H.O.P.E.© framework has improved resilience, well-being, and achievement in thousands of schools across the country. As a sought-after speaker on well-being and retention, she provides practical tools and strategies for parents, educators, and leaders to increase hope so every person can thrive.



AS SEEN ON

edutopia

TEDx

ED WEEK

wtop

## SIGNATURE KEYNOTES:

### Attachments of Hope:

#### Bridging the GAP from Surviving to Thriving

The success of attachment is scientifically correlated to hope levels and safety. Cathleen's groundbreaking keynote provides practical actions from hope science to fill in the GAP (Goals, Agency, and Pathways) to foster healing, attachment, and resiliency using the neuroscience of hope from measuring and nurturing hope levels in relationships.

### Leading with Hope:

#### Tools to Care, Motivate and Inspire Greatness

Great leaders are empathetic but transformative leaders are masters of hope. Hope is the key to unlocking the potential and resiliency in a team. In this keynote, gain practical tools that foster hope to nurture, retain, and inspire those you lead.

**Interactive Workshops:** Staff Hope and Retention, Raising Thriving Hopeful Kids, Quick Tools to Raise Hope, and Building Hopeful Schools available by request.

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Cathleen's work and message are exactly what schools and employers need right now. She provides simple, impactful, hope-filled strategies that can be put into practice immediately with results that last a lifetime. Her passion for spreading this message made our event engaging, joyful, and impactful.

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— JENNIFER BALDWIN  
VIRGINIA TECH-TTAC

