

The Importance of Hope

As the fall weather begins to settle in and binge watching Netflix sadly becomes a favourite past time, I found myself re-watching “The Hunger Games” trilogy. While these movies are pure fantasy, Suzanne Collins (the author of the books) provides us with some interesting glimpses into the human psyche.

Perhaps the most compelling character in the movies is President Snow. You don’t have to have read the books or have seen the movie to appreciate the following quote from him, “Hope. It is the only thing stronger than fear.”

How very true those words are.

Hope is what kept Britain out of Nazi Germany’s hands.

Hope is what kept people glued to their TV sets during the Apollo 13 crisis.

Hope is what helped bring down the Berlin wall.

Hope is what carried us through the tragedy of 9/11.

Every day, around the world, people are faced with new challenges in their work lives. From the individual who has just been informed they are no longer employed to the executive who realizes they are lagging in their ability to lead.

For many, the first reaction is fear.

Fear of failing.

Fear of financial hardship.

Fear of loss.

And fear leads to panic. Flight or fight reactions take over, pumping precious blood to the muscles and away from the brain. In the end, with fear in charge, your brain and cognitive functioning are starved of the resources they need at a critical time.

But hope endures because it is stronger than fear.

Every day, around the world, the thousands of men and women in the talent management field work with individuals who have work-related challenges providing expert advice and unwavering support. But mostly they provide hope.

So, if you are facing trials in your career, perhaps through unexpected job loss or perceived failure, there are people who are here to support you. And to help you find hope.