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Institute of Pedagogy



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Life Design *for Hope*

**The laboratory of core educational and counselling
competencies in the Anthropocene**



Life Design
for Hope

**NATURE, EXPERIENCE
& HOPE IN PRACTICE –
DESIGNING FUTURE
PATHWAYS**

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AGENDA

- ***From Uncertainty and Failure to Hope – Guidance-Based Approaches to Meaning-Making and Future Design.***
- **Workshop: *Nature as a Space for Reflection and Life Design – My Life as an Ecosystem*** (metaphorical outdoor exercise in the Arboretum space)



The world we live in

- uncertainty
- instability
- ecological anxiety
- rapid change
- fragmented identities
- future ambiguity

“We are no longer designing careers only.
We are designing ways of living.”



Solastalgia

The term **solastalgia** was created by Glenn Albrecht to describe a specific kind of emotional and existential distress connected to environmental change.

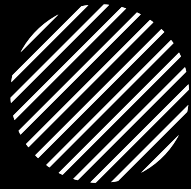
It refers to the feeling of:

- losing one's sense of home,
- safety,
- belonging,
- and emotional connection to the world,
- even though a person has not physically left their home place.
- In other words, it is:

*“The homesickness you have when you are still at home.”
(Albrecht, 2005)*



Failure Is Part of Everyday Life



Our experience:

- rejected ideas
- misunderstandings
- broken plans
- disappointments
- mistakes
- small daily failures

Failure is not an exception. It is part of human experience.

Atychiphobia - Fear of Failure

Fear of failure may lead to:

- avoidance
- perfectionism
- procrastination
- self-criticism
- paralysis in decision-making

Sometimes people are not afraid of failure itself, but of shame, judgement and losing their sense of worth.



Museum of Failure (Helsingborg, Sweden)



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Museum of Failure is a collection of failed products and services from around the world.

Innovation needs failure. All progress is built on learning from past failures and mistakes. The museum provides unique insight into the tricky business of innovation.



DeLorean



Failure as Feedback

Failure can:

- stop us
- redirect us
- reveal limits
- show what is important
- force reflection
- initiate change

Failure may become important information about ourselves, our environment and our way of acting.



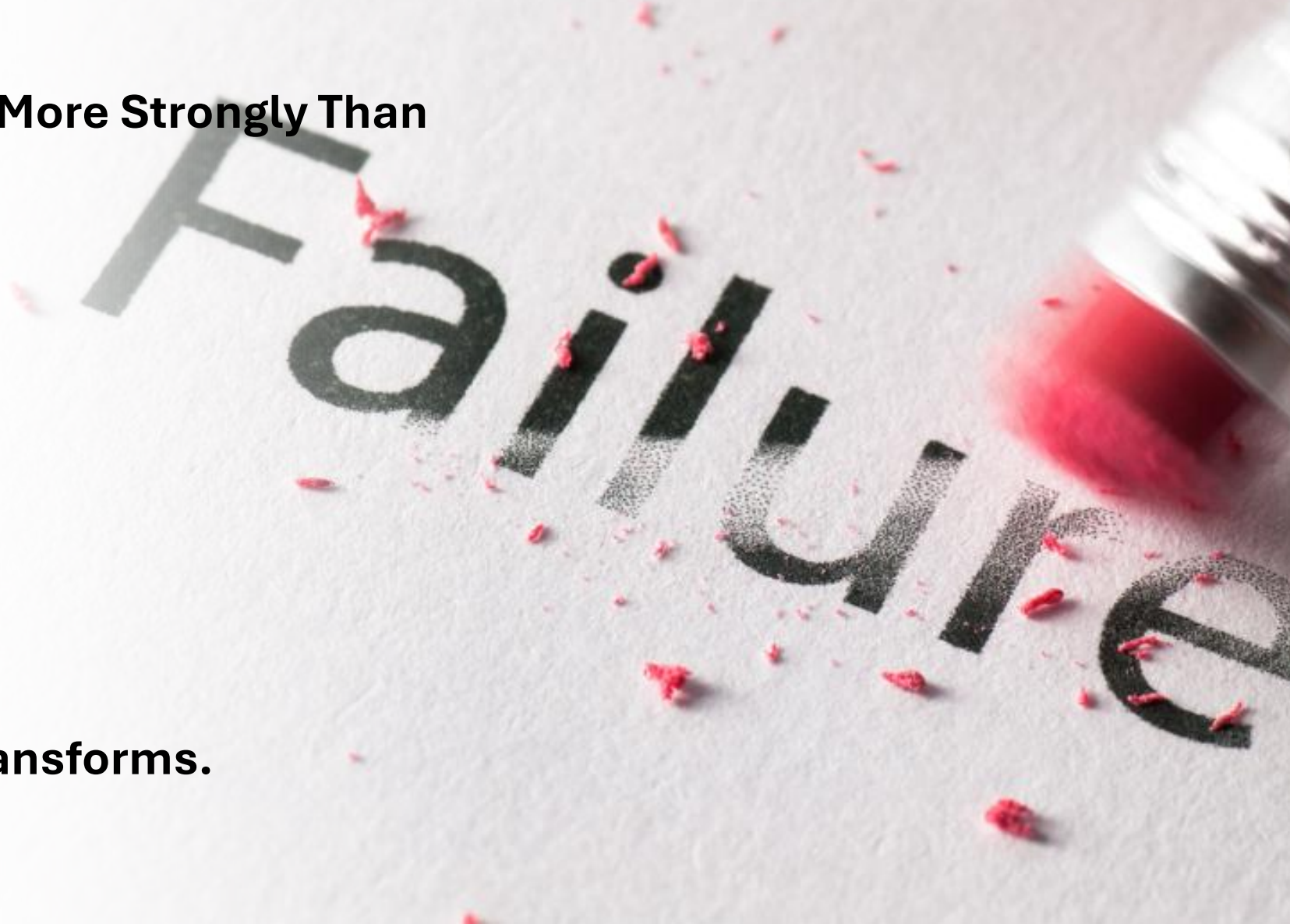
Failure Has a Regulatory Function

Failure Regulates Behaviour More Strongly Than Success (Łukaszewski, 2002)

Micro-failures:

- disrupt routines,
- reveal limits,
- expose imbalance,
- initiate change.

Success confirms. Failure transforms.



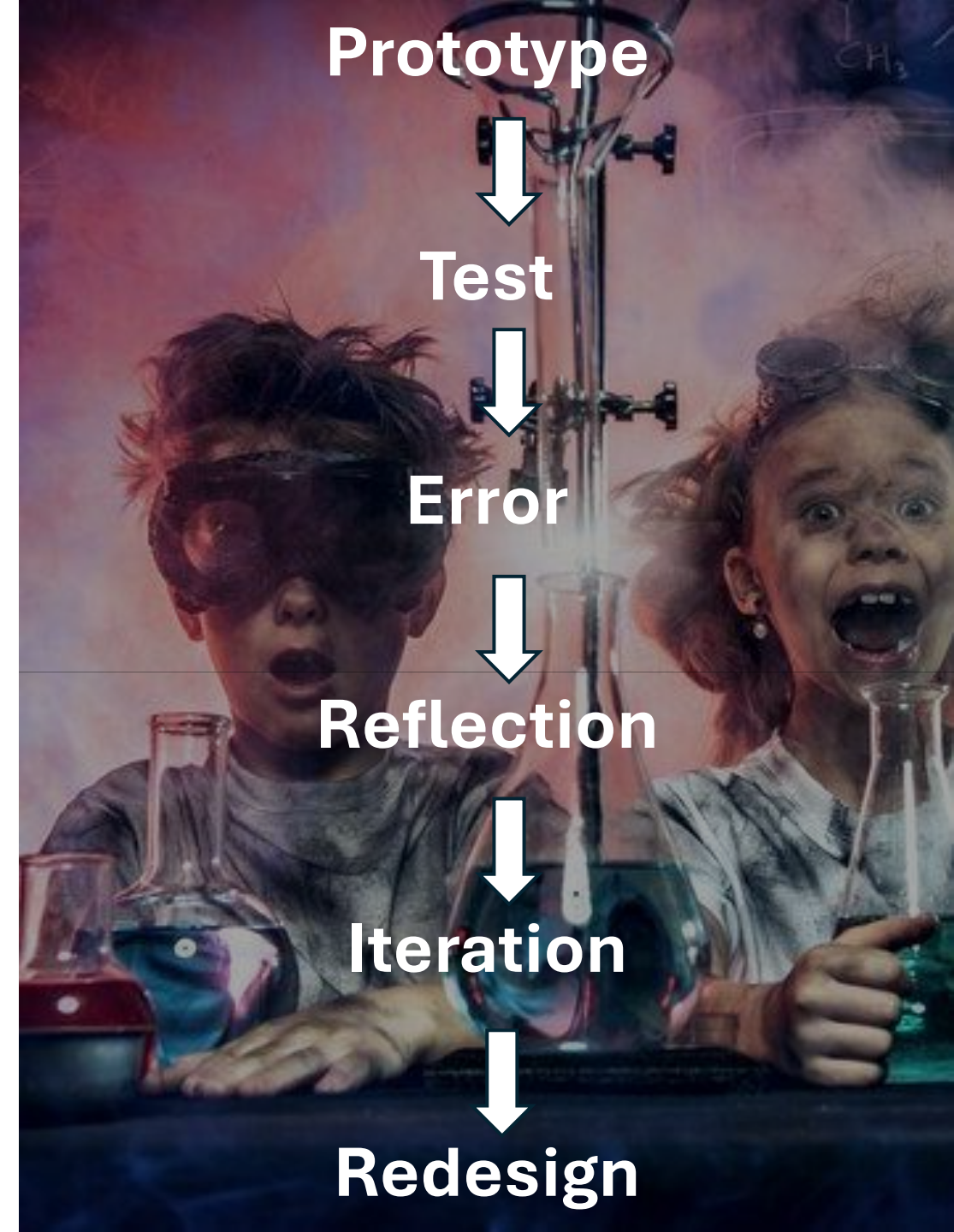
Failure and Prototyping

In contemporary career development we cannot predict everything in advance. We learn through testing, experiencing and redesigning

Failure is not the end of the process. It is part of the process.

A **compass** showing which solutions are alive and which are already dead 😊

Failure is not the end — it is the beginning of the next version.



Hope

Hope is not passive optimism.

Hope is active future-oriented thinking.



Hope

Charles Richard Snyder

Hope is a dynamic and multidimensional cognitive process composed of three integrally connected elements:

- **Goal** – a clearly defined desired outcome or destination - What do I want?
- **Willpower (agency thoughts)** – a **sense of agency, energy, motivation, determination**, and the belief that one is capable of acting and achieving goals;
- **Waypower (pathways thinking)** – the ability to imagine **alternative routes** when one pathway becomes blocked; the capacity to create strategies, visions and possible pathways toward desired goals - What possible ways can lead there?

Snyder, The psychology of hope, s. 10;
Snyder, Handbook of hope, theory, measures, and applications, San Diego 2000, s. 8-10;
Snyder, Rand, Sigmon, Hope theory, s. 258.



Life Design perspective

- self is not fixed
- identity is constructed
- life stories can be rewritten

→ **counselling as meaning-making**

- creating meaning
- narrative reconstruction
- dialogical support
- restoring agency
- future imagination

Success consists of going
from **failure to failure**
without loss of enthusiasm.

- *Winston Churchill*



Reflective Exercise

Think about one failure

- What happened?
- What did this experience teach you?
- What ended?
- What may begin now?
- What future is still possible?



Nature as metaphor for life

- seasons
- decay
- roots
- storms
- regeneration
- ecosystems

“Not everything that falls apart is dying”

My Life as an Ecosystem of Hope

• REFLECTION CARD •

This place reminds me of...

Find in the arboretum a place that represents the future you want to grow towards. Observe it. What does it tell you about your inner world, your needs, your hope and your path ahead?

- 1** WHAT CONDITIONS ENABLE GROWTH HERE?
What allows life to flourish in this place?
- 2** WHAT GIVES YOU STABILITY AND ROOTS?
What supports and grounds you?
- 3** WHAT GIVES YOU ENERGY, MEANING OR HOPE?
What nourishes you and lights you up?
- 4** WHAT IS FADING AWAY AND NO LONGER NEEDS SPACE IN YOUR LIFE?
What are you ready to let go of?
- 5** WHAT WANTS TO GROW WITHIN YOU?
What is emerging, awakening or trying to be born?
- 6** WHAT IS BLOCKING THE NATURAL GROWTH OF YOUR LIFE?
What obstacles or limitations are holding you back?
- 7** WHAT OR WHO NOURISHES YOUR HOPE?
Which people, relationships, places or experiences nourish your hope?
- 8** IF YOUR HOPE WERE A LIVING ORGANISM IN THIS ECOSYSTEM, WHAT WOULD IT BE?
A tree? Light? Water? A root? A tender shoot? Or something still trying to survive?
- 9** WHAT DO YOU WANT TO CULTIVATE IN YOUR FUTURE LIFE?
What do you want to nurture and help grow?
- 10** WHAT NEEDS PROTECTION SO THAT YOUR HOPE CAN KEEP GROWING?
What is fragile, valuable or essential for your growth?
- 11** WHAT SMALL, REALISTIC STEP COULD BEGIN THIS CHANGE?
What is one tiny step you can take?

SUMMARY – COMPLETE THE SENTENCES

Hope in the ecosystem of my life grows when...

From today, I want to consciously nurture...

You are part of nature. You are allowed to grow in your own rhythm.