

# DREAMS

## (@work)

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**ON TUTORIAL** | *In this tutorial we cover the following topics:*

- ☞ dreams and importance of dreaming big*
- ☞ steps to follow in pursuing one's big dreams*
- ☞ dreams commonly dreamt @work*
- ☞ tips and tricks on living our dream related to workplace*

Defining big dreams we have on us in the future and on the others surrounding us is critical to once live them. Every now and then one hears comments on successful life someone else is living. We talk about dream jobs, dream partner, dream house. Material and emotional aspects of our aspirations both depend on the age and circumstance we were growing up in. At workplace we aim for better position, higher salary, professional development and networking opportunities. Independence, understanding and support. Notwithstanding the type of dream we have, in order to live them one necessitates a proper action.

Dreams come true. If you believe. If you work hard. If you reflect. If you are consistent. If you are passionate about it.

## WHAT'S A DREAM?



When a noun dream is mentioned one normally thinks of a pleasant dream he/she had last night, yet in this toolkit one should look at dreams in another sense – of aspiration.

Hence a dream is understood in 2 different ways to reflect:

1. a series of thoughts, images, and sensations occurring in a person's mind during sleep.  
*synonyms:* fantasy, nightmare; vision, hallucination
2. a cherished aspiration, ambition, or ideal.  
*synonyms:* ambition, aspiration, hope; goal



**Question for discussion:**

*What do we commonly dream about?*

*It is interested to start the topic by comparison of dreams most children have, and how and to what extent these are different in adulthood. Ask the participants for their experience on dreams changing – what they dreamt of while they were younger and now, if and why dreams change. What did they want to be when they grow up? What they became? Then look at world-wide commonly reported dreams kids have and those of adults. Comment on one single dream that remains, i.e. being rich.*

Dreams most children in the world have	Dreams most adults in the world have
<ul style="list-style-type: none"> <li><input type="checkbox"/> Having superpowers</li> <li><input type="checkbox"/> Favorite cartoon to be real</li> <li><input type="checkbox"/> Have lots of friends</li> <li><input type="checkbox"/> Being rich</li> <li><input type="checkbox"/> Candy precipitation 😊</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Having a dream job/career</li> <li><input type="checkbox"/> Having a good partner</li> <li><input type="checkbox"/> Being rich</li> <li><input type="checkbox"/> Being pregnant</li> <li><input type="checkbox"/> Dream vacation/traveling</li> </ul>

## WHY SHOULD WE DREAM BIG?

Dream big means have goals and targets beyond your reach, so you can strive harder than you normally do

Dream big does not mean having one's head in the clouds!

Even though our adult dreams are in fact big ones, rarely do we follow them as they appear too complex and hard to achieve. Yet, psychologists point out how important is to have big dreams that is set high goal for oneself. So the question is, why to dream big even when at present we are either happy, or we think of these dream as impossible to achieve?

Here are some answers to this commonly asked question:

- ♣ It is about your vision and purpose in life! It is about knowing your boundaries and exploring full potentials!
- ♣ If one's goals are high, even if he/she fails to reach all of it, he/she still gains a lot from the part of those achieved.
  - ♣ Big goals widen one's life prospects even when not fully accomplished.
- ♣ Having clearly defined big goals will give you strong impetus to achieve them, be more creative, take more risks, inspire and get inspired.
- ♣ People who had big dreams and courage to move step/s towards them are those that changed the world and humankind.
  - ♣ Dreaming big makes one look unstoppable and younger in spirit.

In the end, it is not about having one's head in the clouds! It is rather true that even though setting big goals does not guarantee reaching them, being low ambitious here means almost definite not achieving them ever.

## 8 STEPS GUIDE ON HOW TO LIVE YOUR OWN (BIG) DREAM/S



**1. What's your dream?** This is honestly the trickiest step. What feels good to you, makes you feel excited and enthusiastic about the possibilities. Write some things down. Close your eyes and see what pictures emerge.

**2. Decide and believe.** A list of ways it can't, won't, or shouldn't work out for us. Stop that! You have to commit to your dream. Decision + Belief = Commitment Decide when you want your dream to happen. For real. Believe it will and can happen. For real. This is the magic sauce that will help propel your dream into reality.

**3. Release fear.** This next step isn't a one-time event. It's probably something you're going to have to do over and over, every time you notice you're stuck and you've stopped forward momentum. It's all in the attitude. Choose the right attitude. Release fear. Repeat.

**4. Take action!** DO stuff. Figure out what you need to DO to make your dream happen. Then go DO it. Every day.

**5. Love yourself.** It's really easy to lose the plot in the frenzy of daily living. Just slow down, pump the breaks, relax. Listen. Take quiet time alone every day — again, early morning if need be — to reflect, read, write, and to hear yourself think. Give yourself the time and space to feel your feelings and organize your thoughts so that you may stay in touch with your own needs

**6. Use other's success as inspiration.** When you notice someone more fortunate, practice saying to yourself, "You know what? I want that, too! I'm going to figure out how and make it happen!"

**7. View mistakes as lessons, not an excuse to give up.** Mistakes will follow you in life for sure! Do not let these create doubts in your capacities. These give you plethora of opportunities to reflect, go back, reconsider alternatives, etc. Do not give up. Ever.

**8. Value tiny decisions.** The decision to get up early every morning is a momentous one. The tiny decisions happen every single day, when I look at the clock. Do I get up, or do I stay in bed? Every little decision, everything single thing we do, matters. Because what you do determines who you become. And who you become means either your success at achieving your dream or your failure. Choose wisely.

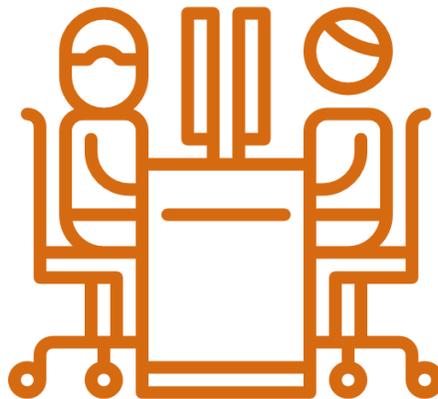
**IN THE END ALWAYS REMEMBER....**

*And, when you want something, all the universe conspires in helping you to achieve it.”*

*Paulo Coelho, the Alchemist*

## DREAMS@WORK

As stated in the Guide above, one must first know what one’s dream in life is in order to achieve it. Many of the dreams one has are actually, directly or indirectly, connected to one’s future job/career placement. In other words, in younger age one often thinks about finding a *dream job* as his/her ultimate life goal. What one’s dream job should be/look like is indeed a complex question that combines competences and interests, but also psychological and emotional components of one’s character. Even though defining a dream job/career path demands time and dedication, many young people get professional career guidance only in the late years of secondary education.





**Task:**

Take a moment to have a group discussion on what are each person dream jobs. Why do they see a particular job/career path as a dream job?

Now, if the working conditions allow (room equipped with computers, small group size) introduce a born for this test to the group and give each person 15 minutes to complete it. Then discuss the findings with each person.

Alternatively give the participants the source of test found at:

<https://bornforthisbook.com/> so they can do it after the training.

Even though dreams change in the course of life, great majority of people end up getting the jobs they do not really love. This makes doing the job ever harder. Do not be this person!

In the adulthood several common adult job/career dreams/aspirations/goals can be reported across the world and across the employment sectors. People often start thinking about both their own professional development opportunities and also about the conditions in which one works (manager’s support, team atmosphere, office space, flexibility in working hours, child care facilities at work, etc.). Some of the top reported adult work related dreams today are:



## TIPS AND TRICKS IN GETTING ONE CLOSER TO A DREAM JOB/CAREER

The approach we take here is based on advices provided by a career expert Ms. Alexandra Levit, and also with additional comments based on vast experience in working with youth and

employment and education fields. There are 6 crucial tips to follow in pursuing your dream related to job/career path.

### **#1 Know yourself – skills & interests matter**

Knowing oneself is not as easy task as it seems to be. It takes time and some experience to figure out what your values are, to basically know what is that you would like to do and how you like to work even if you are not paid to do it. It is about getting to know and understanding your own skills and interests. Then connect those to careers and industries that match. This research may take time and effort, but is worth it – go to information days, career fairs, employment office councilors, spend days and weeks online to schedule meetings with potential employers.

### **#2 Lack of experience? Don't be deterred!**

Everyone started off with limited experience. Even if you are at the very beginning knowing what you want and where your passion is will get you there. Many a time employers hire for junior positions those with a vision of themselves for the next decade. Be that person and show your particular transversal skills and knowledge – communication, eloquence, project management, IT all form an important part of your resume.

### **#3 New Career? It is possible!**

Changing jobs/career path is possible provided that you can organize your life in a way this does not cause you existential risks. A steps to follow here is getting an internship in the field of interest and/or adult education class at weekends while you get your salary from your current job. It is not easy, but it is doable. Studying for internationally recognized certificates in the field of your choice while working is a possibility. Try, try, and try!

### **#4 Any progress is good progress**

Continuous professional development matters. A lot. To everyone. No matter the field of engagement. Transversal skills count! Even if you are happy about your job, title, expertise. Not moving forward will make you less passionate and involved, so do not let the fears of failure or bad decision prevent you from getting out of the comfort zone. Inertia is everyone's worst enemy.

### #5 Start early, but know it is never to late to be anything you want to be

It is generally true: the earlier in life you do things you dream of, the better. Priorities in this sense can be crucial. Go to school, get a job, and get married is still vastly used matrix given to us by our parents. But in busy times we live in, we often stop to wonder - work or life? Or both? Can we ever balance it? Its no news that in late 20s and 30s all the changes we go through are easier than if we experience them later in life. We have more energy, we adjust quickly, even embrace changes as they come. We are more prone to deal with negativities in live. We believe we have the time to work it all out. We are flexible having no kids, family responsibilities, or financial burdens. But what if we want both – success in private life and work? And what if we are in mid, late 30s wanting the change of career and family? It is still possible. Because it is in fact never too late to focus and pursue your passion with the right determination. In this sense one’s life can change 360 degrees in only one or two years! For this ever more number of baby boomers are leaving the world of traditional employment (even from a high managing positions) for alternative career paths (for inspiration see a movie Baby Boom released in 1987).

### #6 Have (realistic) expectations

Having too high expectations at work from either yourself or the others will eventually lower your energy and even self-esteem. Just as well as having no expectation at all. Try instead to be more realistic, embracing the realities of the good and the bad in your daily job. No perfect person is out there. No perfect job either. Embrace the opportunities to learn something new every day, to meet someone new.

Apart from the above mentioned, there are a couple of more useful tricks in positioning oneself closer to the dream job/career path. This could be sum up as the tips and tricks on how to develop your relations with others in your working environment.

### #7 Develop working relationships

One thing here is to work your way through in getting a **mentorship support** from the best person in your field. Learn from and follow that person in his/her endeavors. Be supportive and flexible, show passion and commitment in doing the job the best you can. Show initiative. Show specific talents. Ask for advice.

The other thing is to create **bond with the manager/team leader**. Reach out to this person when complex issues are at stake. Show loyalty and ask for acquiring new knowledge and skills and for

more responsibilities. Show off with the good work you did and be firm about your results when asking for salary increase. As much as you can try to quantify your results.

Any position you hold in any of the sectors is an opportunity to **build and maintain your professional network**. Creating a strong network will enable your competences and skills to be known to wider audience. It will support your professional development and increase your independence and prospects for even becoming a freelancer. Many times it is not about what you know (as many others may have similar competences), but who you know that makes a particular difference.

Last but not the least at all times **act and look professionally**.

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