

## 9. DREAM JOB

Looking at your future self may help you better understand what you want to do or say today. This tool helps participants create a vision for themselves and understand where their project is in relation to that dream.



### GROUP SIZE

For individual work with one participant, or for a group divided into pairs



### DURATION

60-90 minutes

### RESOURCES & PREPARATION (SPACE, MATERIAL, EQUIPMENT, PEOPLE)



For this activity you need a comfortable place and something to write. Make sure you take notes for your participant during the exercise (where indicated) that you share with them at the end.



### OBJECTIVES

- To create awareness of the transferability of competences gained in youth work to employment or entrepreneurship
- To improve recognition of the value of competences gained in youth projects

### DESCRIPTION OF THE METHOD STEP BY STEP



step 1

Invite your participant to sit comfortably and close their eyes... and relax... and ask them to follow the rhythm of their own breathing. Invite them to turn their focus inwards, to connect to things that really matter to them.

Next, continue with the following instructions:

step 2

- Now in your mind... you may travel to the future... And I invite you to see yourself in your „Dream Job“... being very successful...
- Tell me... What do you see?
- Where is it happening?
- With whom do you work?
- What is your typical working day like?
- How do you see the results of your job?
- What are the skills needed to do it well? (WRITE THESE DOWN)
- What are the attitudes that are helping you to be so successful? (WRITE THESE DOWN)
- Now, from your Dream Job look at yourself in the past, in your youth projects... and non-formal education... what have you learnt in those activities... that is helping you now in your Dream Job? (WRITE THESE DOWN)

Now invite your participant to slowly come back to the present activity. Tell them to open their eyes.

step 3

## DEBRIEFING QUESTIONS

Ask your participant for quick feedback on how the exercise went. Then share your notes. Ask them to articulate in their own words what main competences they gained during the youth project, and what they still need to learn to get closer to their vision.

## CREATED BY

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