

**GUIDELINES for research on existing methods
“DREAMING”**

How to find your mission in life

- ☐ Book ☒ used method in training in your company/organisation (project partner)
- ☐ eu project ☐ used method in external training ☐ other, please specify

1. Summary of the method, Introduction

Career Orientation is a training used with unemployed to support them finding a job. In our company we focus on 3 step method that takes the participants further than orientation – it helps the think about their Mission in life , which can be a mission to be integrated to work or to be a new job target or the be the element of work-life balance:

1. Status quo
2. dreaming
3. possible ways -> target (status quo as resource to make dream alive)

2. Basic assumptions of the method

If you are aware of all your achievements in life, all the experience you gained, all the education and training you have, all the things happened that shaped and formed you, you are fully aware of what you are.

With this awareness in mind you will be invited to allow yourself to dream. Dreaming about what you would like to do in life without having limits and without taking possible existing limitations under consideration. This step sets your mind free to open up to new ways.

Your dream is part of your mission. Based on that you can create a vision that shows your mission in life. Based on your vision you can nominate a target to achieve and plan your career in steps- no matter if your mission in life is for work or for work-life-balance.

3. Aims of the method

By working out the full awareness of what you are and what you have achieved in life you can see and feel all you are. This gives people a secure feeling that allows to dream. Dreaming is a way to discover one's mission in life.

4. What is meant by 'finding your mission of life' in your method

In this method you figure out your dreams – all you want to do if there would be no limits. This gives you an insight to your mission in life.

One's mission in life comes from the bottom of the heart. Often it already exists but is covered by censors of the unconsciousness. The awareness of what you are combined with the secure feeling that you already achieved a lot minimizes the censors and gives the chance to set what your mission is. The mission in life is the overall target what you are dedicated to. It can be from helping seniors to discover some new things - a wide range of possibilities. It can have a creative aspect as well as many others like motivating other people etc.

It always is something that gives you the feeling of completeness and enables you to get your "energy" (your personal strength and power) out of it. The function of your mission in life (Work or work-life-balance) will be clear to you and all options will be taken under consideration during coaching sessions.

5. Trainer profile to support (un) employed persons in 'finding their mission of life'.

5.1. Skills (of trainers) to apply this method:

- Trainers in this field must have a training and a coaching education (preferably in the systemic context) and have self-experience in that
- Experience as a trainer in standard career orientation.

5.2. Knowledge (of trainers) to apply this method:

It could be helpful if they have knowledge about native cultures that use techniques to find their vision or have their dream (native americans, aborigines etc)

6. Used Method – structure & phases in practical usage

1. Status QUO:

- Complete European CV and use “Portfolio of Competences” to cover informal gained knowledge
- “River of life” – Complete it with all the things that shaped and formed you (guided work)
- Present who you are (collage, presentation etc)

2. Dreaming

- Dreaming (guided):

Guidance:

- Going to a place in nature where we are and can see all around
- Looking around what we see there – all the important things which are in your life
- What is behind you as resource
- Open up a way in front of you... before you start walking is just see where it leads you too – which elements you can see there
- Start walking the way just 3 to 5 steps and experience how it feels..
- Take the picture and the feelings and come back to here
- Writing / Drawing the dream
- Working out the elements of the dream in group and coaching sessions: guided questions about the dream to get a clear picture.
 - Questions
 - Where were you (Place)

- What where the resources
- Where did the way lead you too
- what did you already know
- What was new
- Write down the core elements of your dream

3. Vision - Target

- Vision – discussed in coaching sessions ad group sessions
 - Your Way – where does your way lead you to?
 - What pops into your mind when you start walking the way?
- Target – coaching and group sessions
 - Describe where they way leads you to in one sentence (no matter if it was a mission that could be work or work – life balance)

- Describe the target:

SMART

- Specific
- Measurable
- Attainable
- Realistic in terms of mission
- Timely
- See what you have in your back bag that will support this way (resources from your dream too)
- Action Plan – how to get there
- First steps

7. Motivation tools applied during the training to find the mission in life

- “Reality checks” embedded in coaching sessions to work out the plan how to achieve the target set.
- Coaching sessions

8. Target Group: (just mention which categories)

Qualification:

- x Lower qualified people
- x Middle vocational/general educated qualified people
- x Higher vocational/general qualified people and
- x University level

Age:

- x Age 30-39
- x Age 40-49
- x Age 50-59
- x Age 60-66

Work:

- x Employed
- x Unemployed
- x Does not matter

9. Applicability in European context

This method is applicable in the European context. For persons with no personal experience in reflection and self-reflection it would be helpful to give a theoretical overview on that.

9. References

Techniques of Robert Dilts, Steve De Shezar, Dr. Barbara Schütze