

The Dream Experience



Unlock your employee's potential

Can be included in Staff Development Programmes or used as a Team Building Session for new recruits.



Introduction

Dreaming is a universal phenomenon and most people have an inherent fascination about what dreams mean and what they have to say about our concerns and preoccupations. We all have enormous unrealised potential and with that the ability to make a difference in the world around us. Whether that be to increase job satisfaction, resolve problems or heal work relations - if you are able to examine your dreams you'll never be short of innovative ideas or imaginative solutions to problems.

Q. Why would I want a Dream Experience session in my Company?

Answer

Sleep and dreams are universal human experiences. We can expect to spend one-third of our lives asleep, and about a quarter of that time engaged in the nightly experiences we call dreams. Since everyone sleeps and everyone dreams, everyone has a very personal stake in this subject. In fact, at some point in life, everyone will likely struggle with at least one sleep/dream issue: insomnia, jet lag, nightmares, sleep deprivation, shift work, sleepwalking or sleep talking. But perhaps more importantly, and less publicized, is the benefit to be gained from examining your dreaming life with the intention of discovering creative solutions to current life problems, whether those are problems at home or at work. An employee who feels empowered to resolve any problems that arise, is a happy employee. Kekule, Einstein, Jefferson, Eddison, all acknowledged the role of their dreams in their work. These people were no different to you or me, they simply took notice of the ideas formulated in their subconscious and portrayed in their dreams. Your employees can be shown how to do the same thing, sometimes with startling results in respect of innovative new ideas.

Sleep and dreaming impact on every area of our lives and are just as important for the health and safety of the body and mind as good nutrition and exercise.

Now you have the opportunity to address your employee's natural curiosity, encourage the pursuit of more creative solutions to work-related problems and stimulate a lifelong interest in the fascinating world of sleep and dreams.

Dream Experience Sessions can be run as one off Ice Breaker sessions to build team working skills and foster camaraderie amongst employees or can be run as an ongoing programme.

Here are Samples of some of the Activities

- Exploration of dream symbolism in the communication of ideas and concepts and its importance as a marketing tool.
- Exploration of Active Imagination and Waking Dreams for creative problem solving.
- The science of sleep and dreaming.
- How to reduce stress and get a good night's sleep.
- How to work creatively within a team using dreams as source material.
- Identifying and coping with problems both at work and at home
- Exploration of metaphor in dreams and its usefulness as a tool in business.
- Facilitated group work to find out what your dreams are telling you?
- A review of techniques that can be used to analyse dreams.

There will not be time to engage in all of the above activities so those chosen will depend on the size of the group, the length of the session and the intended outcomes. Specific activities will be recommended but these will be fully discussed with the Company representative in advance of the session.

The activities can be individually tailored to your employees and their requirements. It may even be possible to tailor a session to a particular issue or topic that is currently under review. For instance; Active Dreaming is an unusual and highly creative addition to a brain-storming session. Or if you're holding a weekend seminar, why not book a Dream Incubation session to stimulate innovative and novel ideas?

You just might be amazed with the results.

The sessions will ensure an emotionally safe environment for anyone wishing to share their dreams.

The Value of Dreams



Career Development

We all need goals and targets if we are to progress in life and Appraisal interviews are now an important part of our career development. But how often do we complete the paperwork with politically correct clichés and “I think this is what my boss will want to hear” phrases. Dreams can provide ideas for future goals that will benefit both the employer and the employee. When staff development and self-development go hand in hand, we have a winning combination.



Psychological value

By considering dream figures as aspects of ourselves and the dream story as an expression of our inner thoughts, we can begin to know ourselves much better. By looking at our dreams we can discover our strengths and our weaknesses, we can find the missing parts of ourselves and also find the rejected parts, the inner enemies and the seeds of prejudice. This discovery can point the way to psychological development. Increased self-awareness fosters self-empowerment, self-esteem and a feeling of self-responsibility.



Creative solutions

Dreams contain enormous creative potential. They show us our own unique individual creativity. The benefits to be gained in creative pursuits such as marketing are obvious but creative solutions are often needed to solve scientific and technical problems. Many innovative breakthroughs have occurred after a period of impasse and been the result of people recognising, in their dreams, the answer they were seeking. Familiarity with dream material encourages employees to move from concrete to more abstract, symbolic ways of thinking and stimulates lateral thinking. The application of metaphor and analogy will enhance and improve their communication skills, particularly in scientific disciplines where abstract concepts are required to be conveyed clearly and concisely.



Team Playing

The nature of dreams is such that the dreams of others can have something to say to us personally because we see that the content often has relevance in our own lives. The recognition that, as human beings, we share the same emotions, have similar fears and experience similar dreams will inevitably lead us to a greater understanding and tolerance of others. Group work provides an ideal vehicle for listening to, and understanding, many different viewpoints and life situations. Ideas can be bounced back and forth about what each participant thinks a particular dream would mean if it were their dream. The outcome of this is that a feeling of empathy is fostered and the participants quickly begin to feel they are part of a close-knit group.

The sessions will be run by Jo Harthan, PhD.

In 1993, Joan gained a 1st class Honours degree in Biology with Chemistry and in 1997 was awarded a PhD in Chemistry. After spending many years in Accountancy and Taxation, she went on to pursue an academic career at The University of Nottingham. She has run Dream Workgroups in Lancashire, Nottinghamshire and Leicestershire. In addition she has facilitated dream workgroups for students studying for a Diploma in Counselling.

Jo is a member of the International Association for the Study of Dreams (IASD) and abides by their ethics statement. The IASD is a non-profit, multidisciplinary organisation dedicated to the pure and applied investigation of dreams and dreaming. Its purposes are to promote an awareness and appreciation of dreams both in professional and public arenas; to encourage research into the nature, function and significance of dreaming; to advance the application of the study of dreams; and to provide a forum for the eclectic and interdisciplinary exchange of ideas and information.

She has been keeping a Dream Journal for over twenty years and is the author of two books on dream analysis. She has presented her work at conferences in Europe and America and has had articles published in the IASD magazine *Dreamtime*. A full list of publications can be found on her website.

For more information, or to book a session at your Company, please contact:

Joan C. Harthan, BSc(Hons), PhD
The Dream Experience
6, De Ferrers Close
East Leake
Loughborough
Leics LE12 6QD

☎ 01509 559177 ☎ (Mobile) 07941 449994

Email: J.Harthan@ntlworld.com

<http://www.docdreamuk.com>

