

4.1 Dream or 'what could be' exercise

What's your ideal future? What would it be like if your team was organised around your best experiences with people?

1. Reflect for a few moments on what the future could be like.
2. Try not to worry too much about what feels possible or not possible now.
3. Try asking yourself the following questions:

How would our work/team be if all our wishes came true?

No matter what happens what will we want to continue in our future?

4. Share your thoughts around the table.
5. Collate your thoughts and come up with some way of sharing your vision for the future with the rest of the room.

Imagine it is a year from now and the team has won an award for, eg best team working, or partnerships with carers, or supporting care at home. How does it feel? What are we doing differently that enabled us to win that award? What's it like to work with this team?

What if our positive experiences were the everyday norm? How would we know this was the case, how would the outside world know?