

*Emerging Trends in Wellness*

# DREAM MANAGER: HELPING YOUR EMPLOYEES BECOME THE-BEST-VERSION-OF-THEMSELVES





# HERE WE ARE....





# DISENGAGEMENT

*No single factor is affecting morale, efficiency, productivity, sustainable growth and profitability*

# YOUR RESPONSIBILITY AS **BOSS/MANAGER** IS...

*helping your company become the*  
***BEST VERSION OF ITSELF***



# THE SIMPLE TRUTH IS...

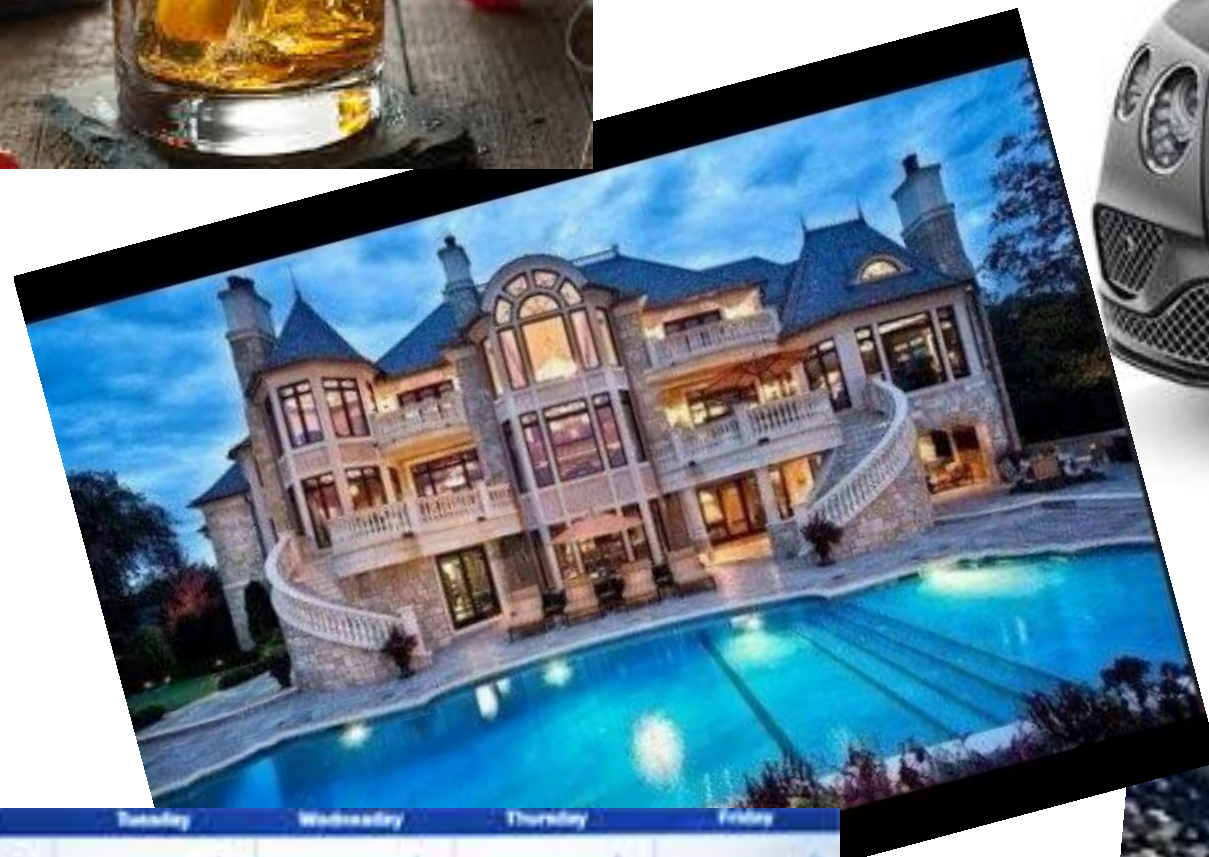
*The destiny of your organization and the  
destiny of the people who drive your  
organization are **INSEPARABLY LINKED***



*How do we get more people **ENGAGED**  
in their own **LIFE**  
and in your **ORGANIZATION**?*



# HAPPINESS IS....





# HAPPINESS IS...

ESSENTIAL

L

PURPOSE

=

BECOMING  
THE BEST  
VERSION OF  
OURSELVES



# BEST VERSION OF OURSELVES

*“You're the average of the 5 people you spend the most time with.”*

*~ Jim Rohn*

- Physical
- Emotional
- Intellectual
- Spiritual

# BECOMING THE **BEST VERSION** OF OURSELVES

Who would you be if you...

- read a chapter a day?
- spent one less hour on your phone?
- went to bed an hour earlier?
- exercised 3x per week?
- ate more vegetables?



# SPREAD YOUR GLITTER









# WHAT DREAMING CAN GET YOU

- 2014: ROCK BOTTOM
- Spring 2015: Selling Delighted By Dessert Hummus in Farmer's Markets
- Spring 2016: Lands her first Grocery Store
- October 2017: Lands a deal with Mark Cuban on Shark Tank  
(6 weeks later she pulled out of the deal)
- Yr Ending 2018: Was in over 5000 stores and sold over \$5.7 Million of DB Dessert Hummus



# THE PURSUIT OF DREAMS FUELS **ENGAGEMENT**

The Dream Manager  
builds engagement in  
ourselves and in our teams

***“If you can stimulate people to dream again in their personal life, they will be significantly more engaged in the process of organizational dreaming.”***

**~ Matthew Kelly**

# STAFF MEETING: BRING YOUR LIST OF DREAMS!

*When we know the dreams of those around us,  
we naturally try to help others live those  
dreams.*



# HELPING YOUR EMPLOYEES BECOME THE BEST VERSION OF THEMSELVES

**Rule #1: Start with Dreams**

**Rule #2 Their Growth is Your Growth**

**Rule #3 Invest in Their Dreams**

# INVESTING IN THEIR DREAMS

- boosts ENGAGEMENT
- increases TRUST
- improves PRODUCTIVITY
- creates powerful TEAM DYNAMIC
- builds CAMARADERIE



*Nothing motivates us more than our dreams, and nothing will bring you a bigger return on your investment.*

# TWO INGREDIENTS FOR ENGAGEMENT

1

THE BELIEF  
THAT OUR  
FUTURE WILL  
BE BETTER  
THAN OUR  
PAST

2

AND THAT WE  
CAN INFLUENCE  
THE DIRECTION  
OF OUR LIFE  
AND PURSUE  
OUR DREAMS





**WHAT ARE  
YOUR  
DREAMS**

# DREAM STORMING SESSION

## The Goals

1. HELP YOU IDENTIFY MORE OF YOUR DREAMS
2. LEARN HOW TO TAKE A GROUP THROUGH THIS PROCESS OF DREAM-STORMING



# DREAM STORMING SESSION

## A Few Rules

- > DREAM WITHOUT LIMITS
- > IT'S OK TO SHARE SOMEONE ELSE'S DREAMS
- > IF YOU THINK IT, WRITE IT DOWN
- > SHARE IF YOU FEEL COMFORTABLE
- > HAVE FUN!

1

IF YOU COULD  
TRAVEL TO ANY  
6 PLACES IN THE  
WORLD, WHERE  
WOULD YOU GO?







# 2 WHAT IS YOUR DREAM PROJECT FOR YOUR HOME?

WHAT  
CONCERT, SHOW OR  
3 PERFORMANCE WOULD  
YOU LIKE TO  
EXPERIENCE FROM  
THE FRONT ROW?







4

WHAT ONE  
RELATIONSHIP  
WOULD YOU LIKE TO  
IMPROVE?

5

IF YOU DIDN'T HAVE  
ANY FEAR, WHAT  
ACTIVITY WOULD  
YOU TRY?



6

FOR WHAT  
QUALITIES DO YOU  
WANT OTHERS TO  
REMEMBER YOU?

**DREAM STORMING**  
**YOUR**  
**LIFE**



# ADVENTURE DREAMS

- Walk the **Appalachian Trail**
- Commune with **elephants in Africa**
- Take a **cycling trip across the country**
- See **World Cup**
- Camp in all the **national parks**
- Captain my **own fishing boat**
- Receive my **private pilot's license**
- Travel to **Bhutan**







# MATERIAL DREAMS

- Build a **home theater** in the basement
- Buy and drive **my dream car** from the factory
- Purchase **season tickets** for my team
- **De-clutter and organize** the garage
- **Donate clothes** I don't wear
- Have a **vacation cabin** in the mountains







# PHYSICAL DREAMS

- To **look and stay healthy**
- Participate in a **sprint distance triathlon**
- Develop the habit of **exercising before work** each day
- Get an **annual physical**
- **Quit smoking**
- Improve my **5K running time**
- **Walk 10,000 steps** each day
- **Cook at home** at least 3x/week







# EMOTIONAL DREAMS

- **Encourage my children** to pursue their dreams
- **Start a family**
- Have my spouse tell me that I've become a **better listener**
- Take a **one-on-one trip** with my kids
- Have a **happy and fulfilling marriage**
- **Take my wife to Rome**
- **Book a beach vacation** with friends
- Meet, find and **marry "my forever person"**



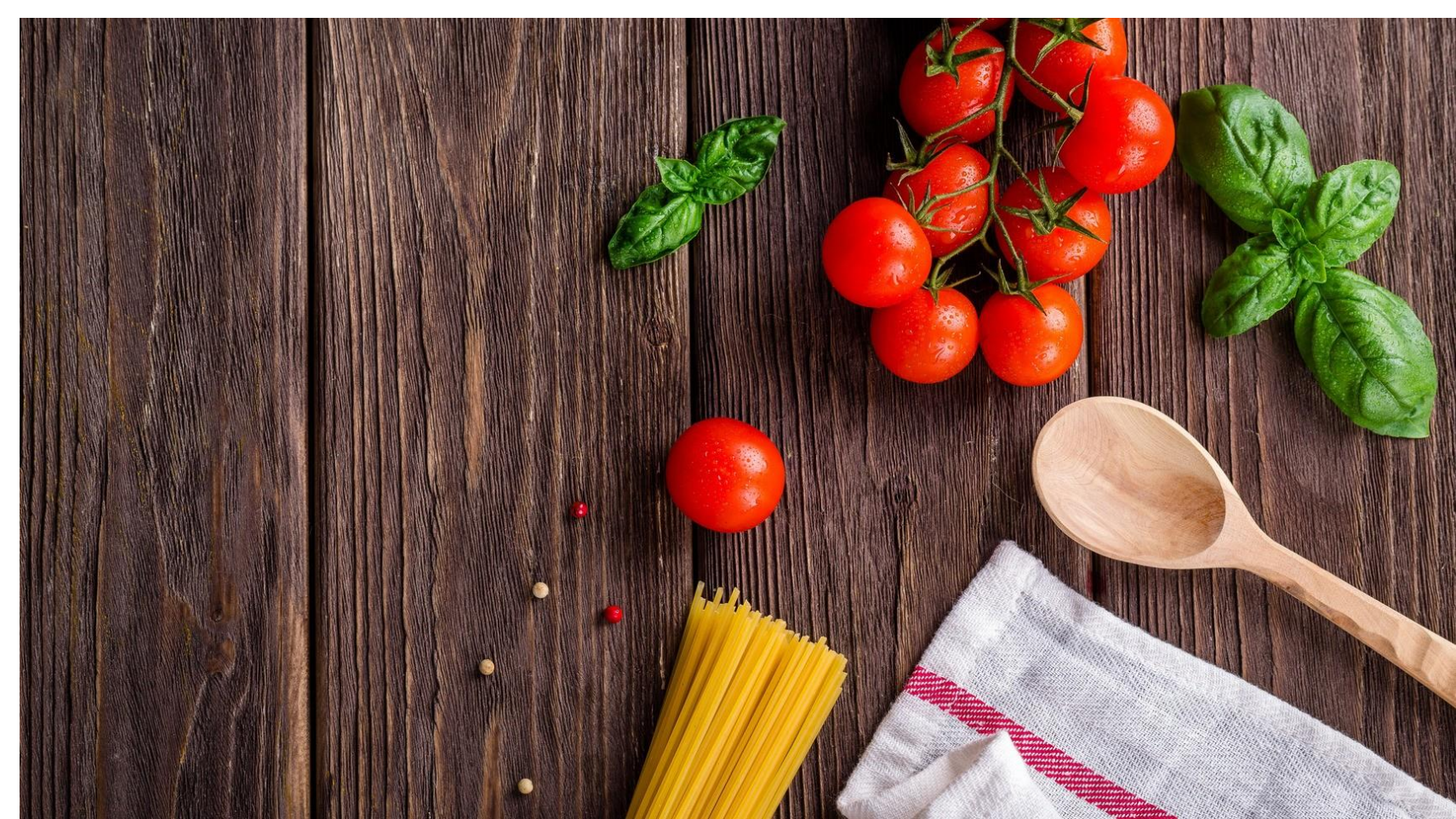
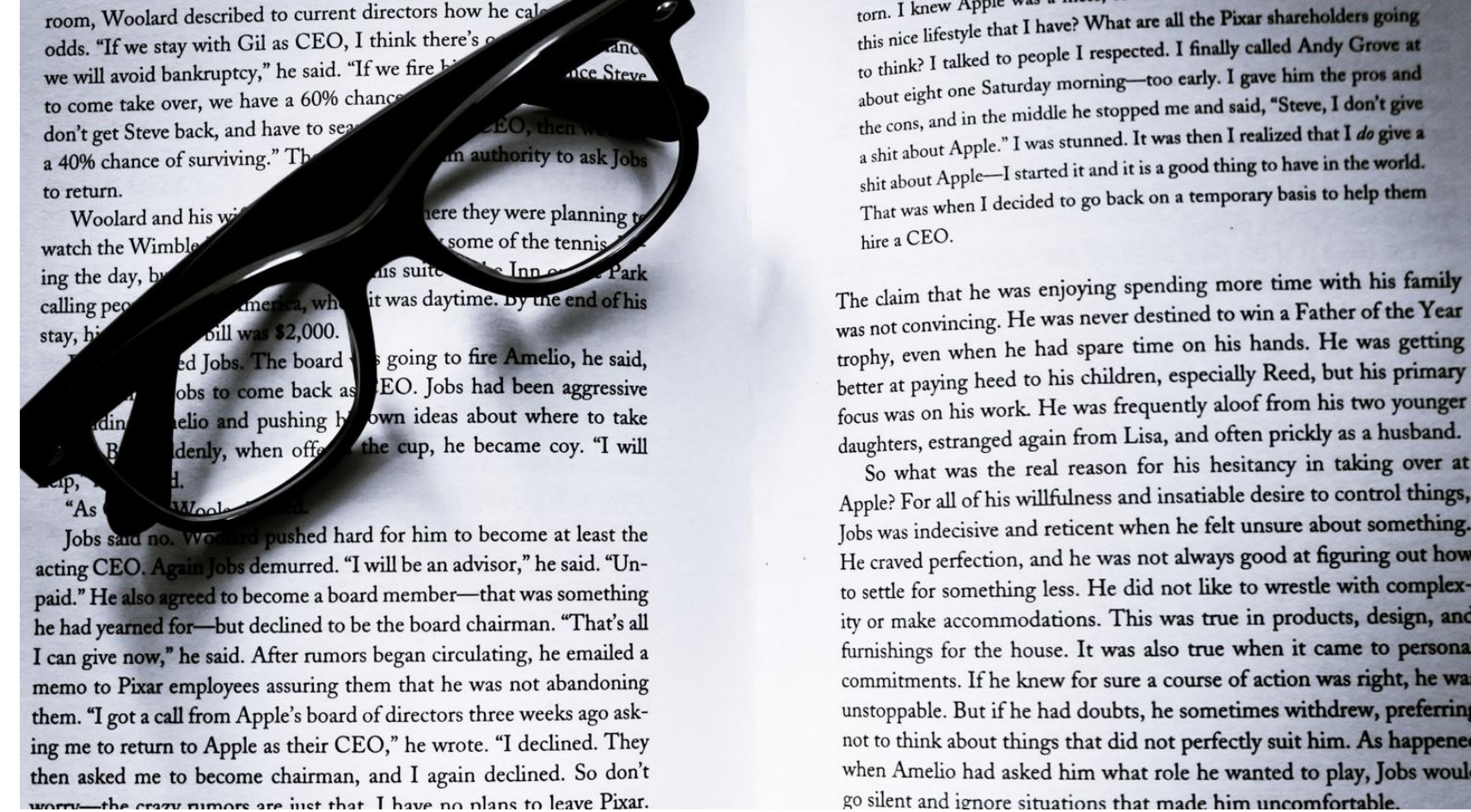




# INTELLECTUAL DREAMS

- Take a **cooking class** with my spouse
- **Read one book** each month
- **Learn how to re-tile** the bathroom
- **Learn a second language**
- Go back to school and **finish my degree**
- Learn more about **investing and financial planning**
- Take the **neuroscience course**



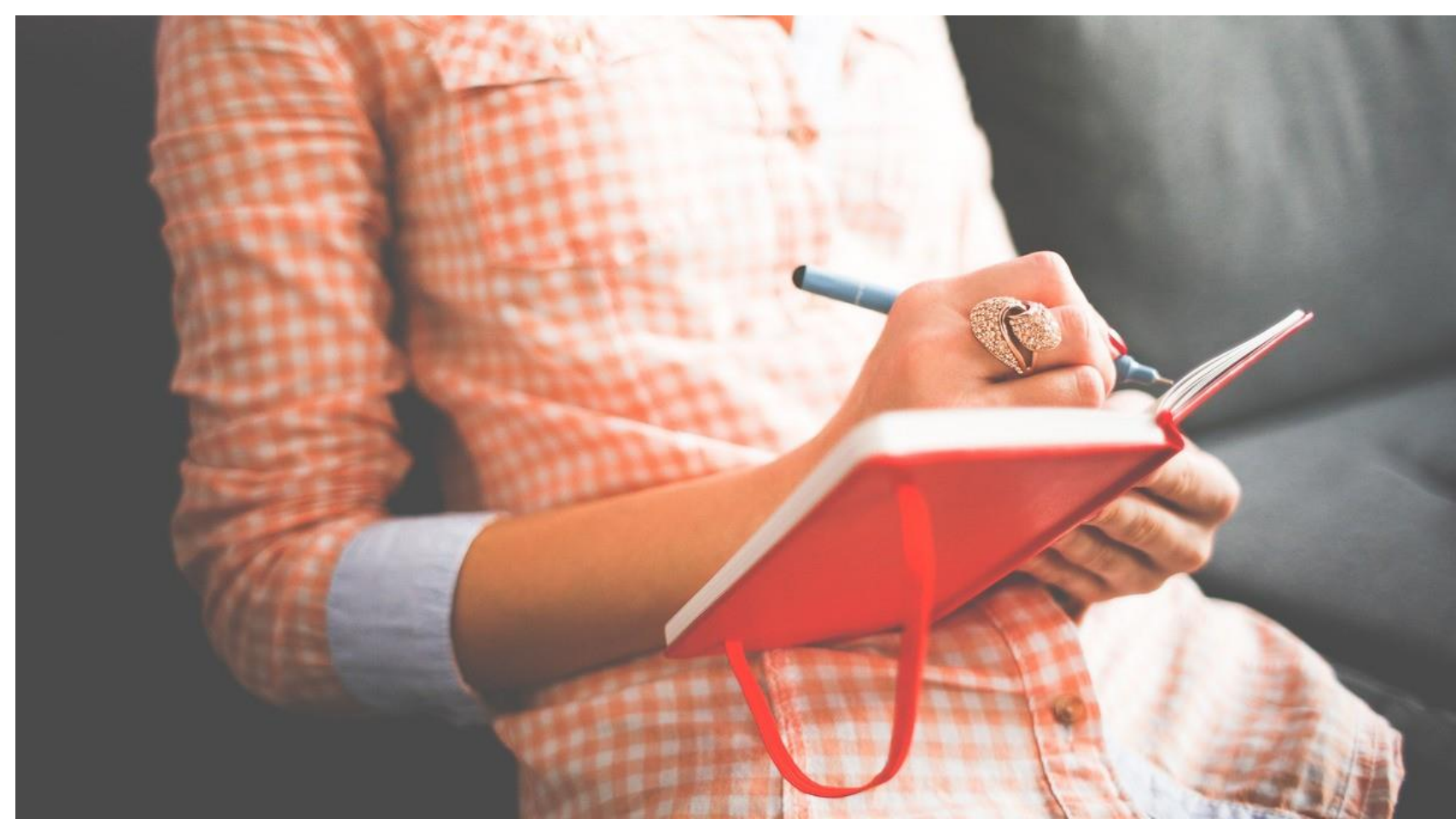




# SPIRITUAL DREAMS

- Develop greater **inner peace**
- **Meditate** each morning
- **Study world religions**
- **Spend time in nature** each week
- Create a **reflection space** at home
- **Learn about a spiritual figure** I admire
- **Be the spiritual leader** of my family
- Develop the habit of **journaling** each day



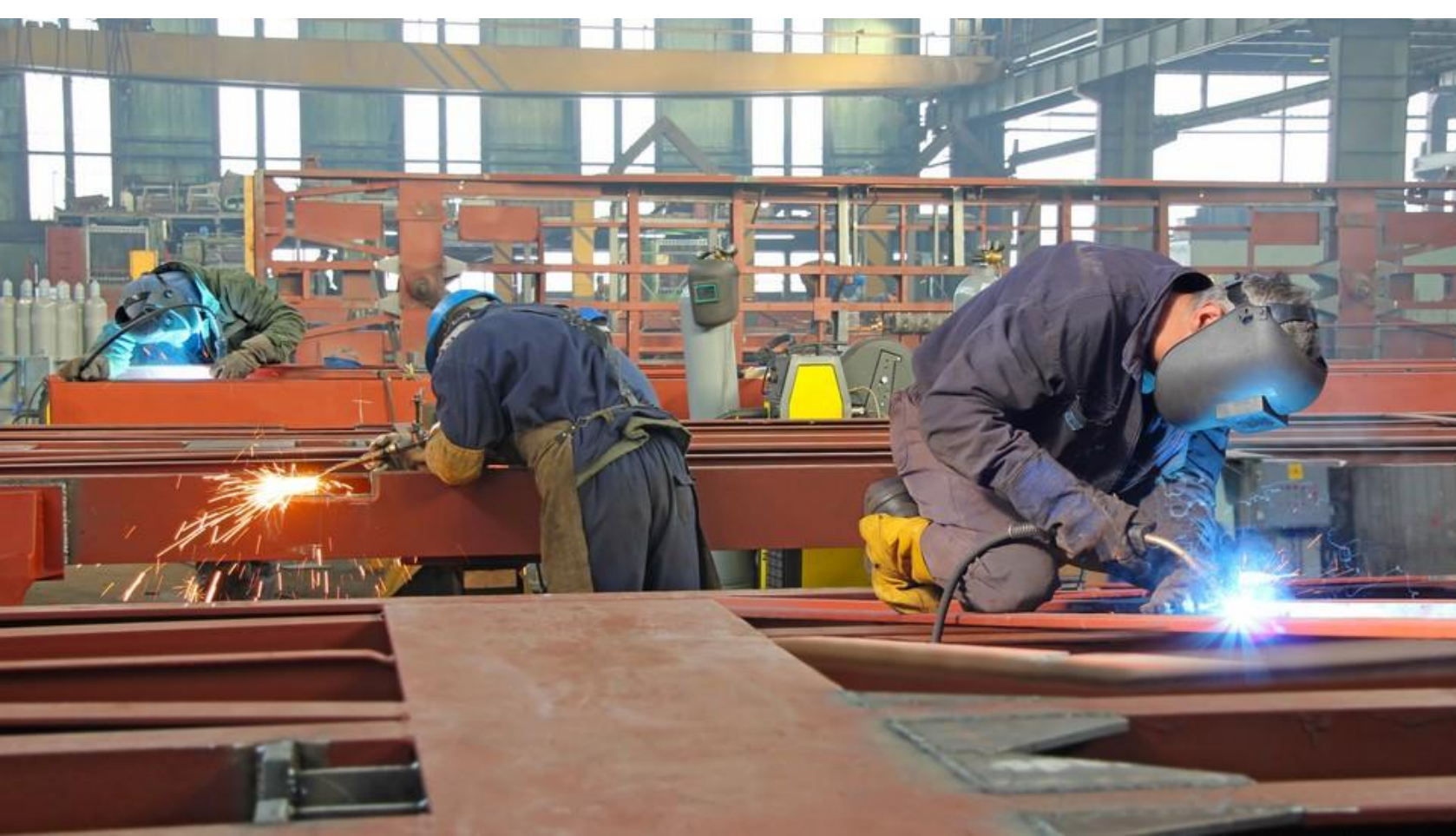
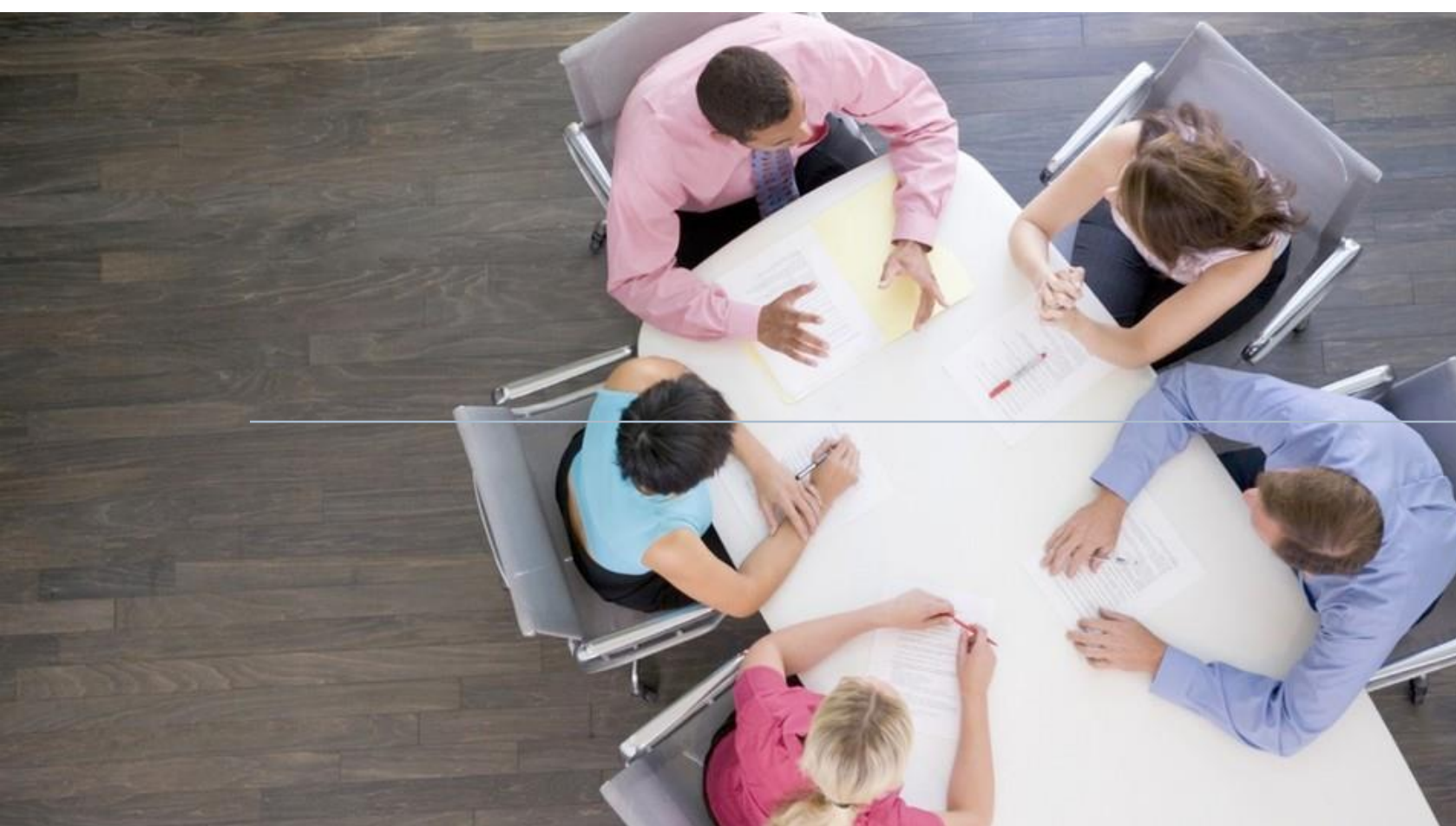




# PROFESSIONAL DREAMS

- Be a mentor: **Coach the Coaches**
- **Exceed our production goal** this year
- **Ensure my team** knows I appreciate them
- Take a **public speaking course**
- Read 2 **development books** this year
- **Transfer roles** within the company
- Begin designing my **ideal retirement**
- **Mentor a new manager**





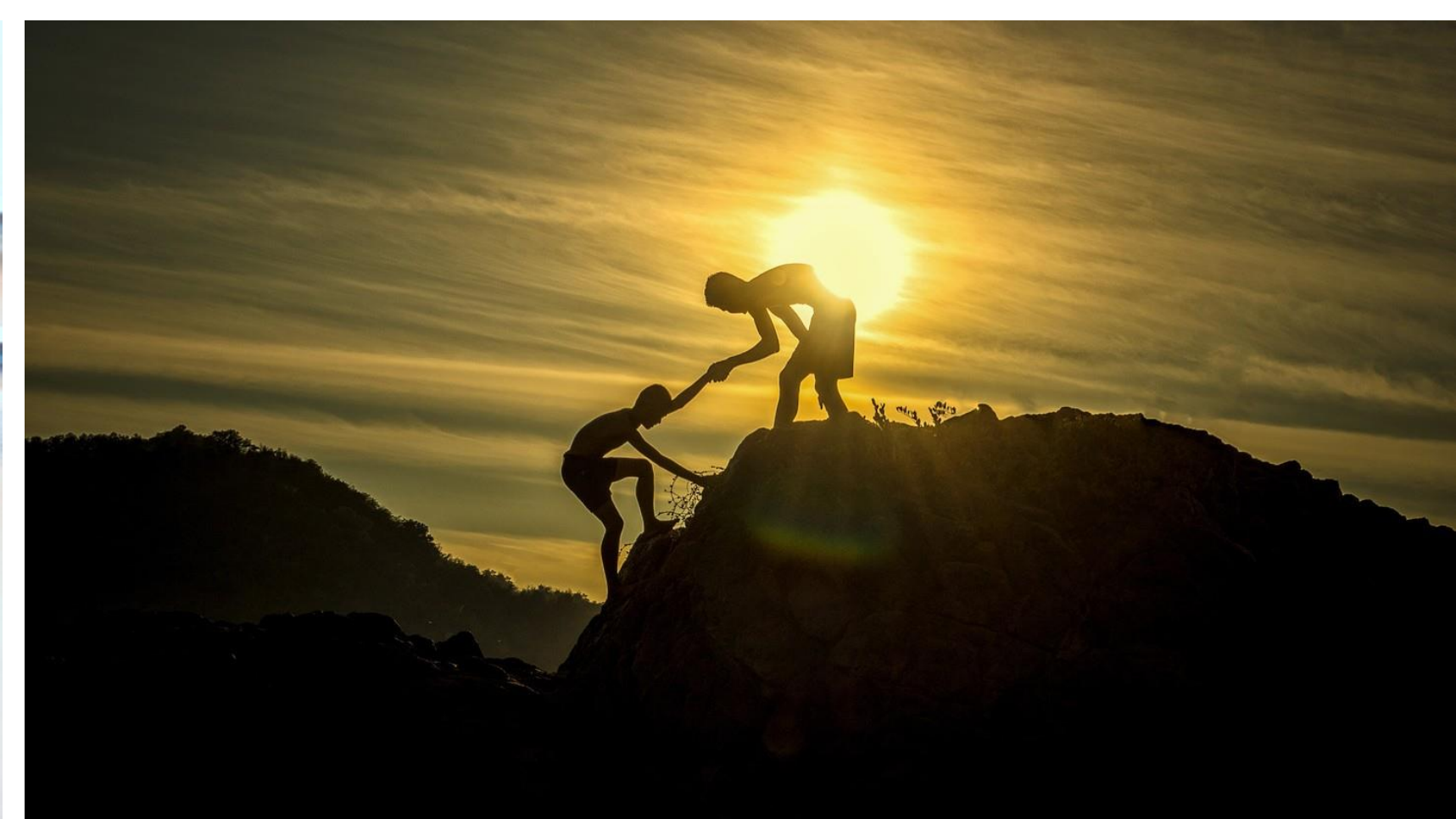
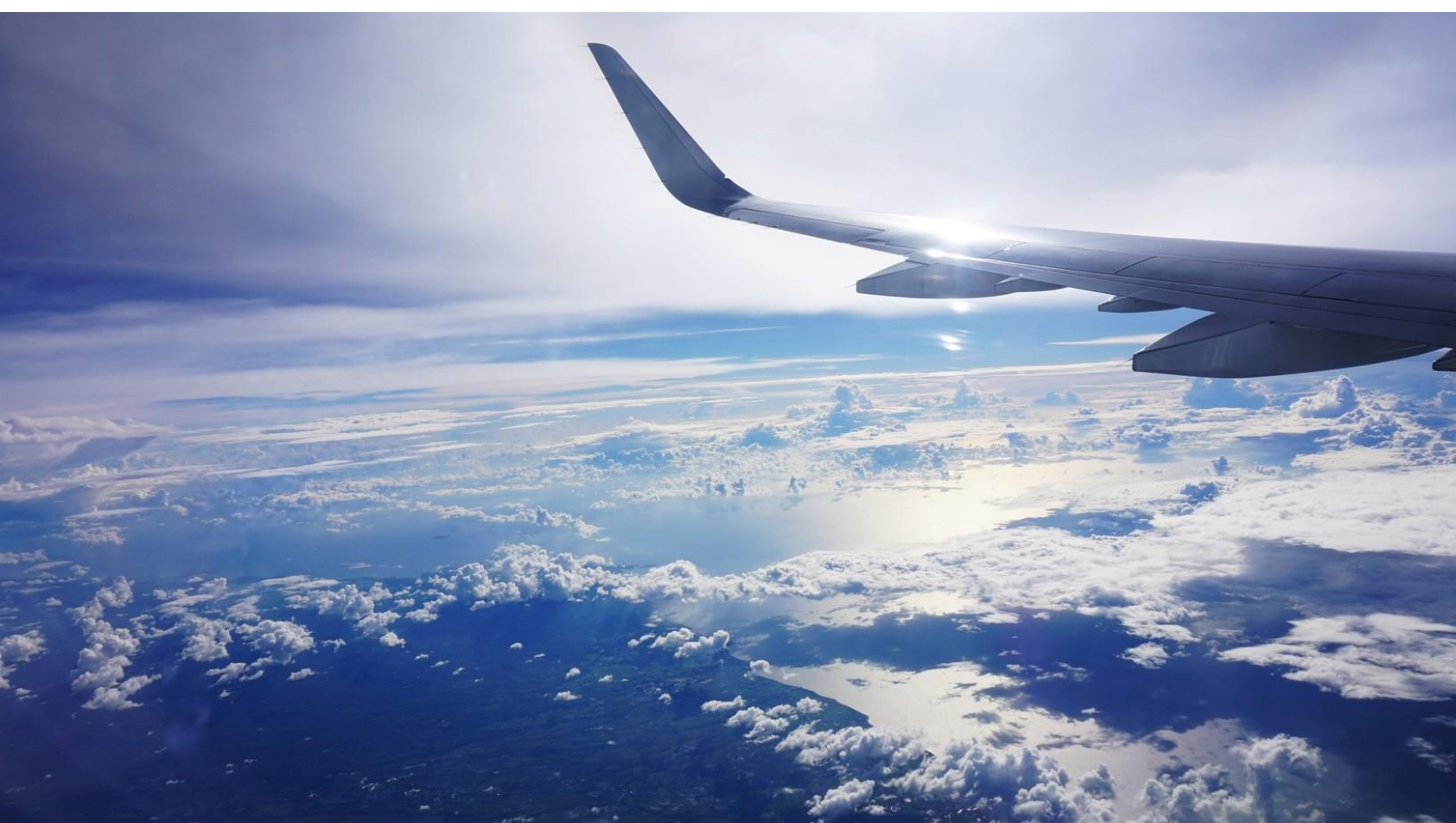


# PSYCHOLOGICAL DREAMS

***“Do not be afraid for anything.”***

- **Strengthen my will power**
- **Overcome my fear of flying**
- **Face my addiction of \_\_\_\_\_**
- **Become comfortable with public speaking**
- **Really “unplug” from work on this year’s vacation**







# FINANCIAL DREAMS

- Be **debt free**
- Create and **stick to a personal budget**
- Ensure we are **ready for retirement**
- Build a **stock portfolio worth \$1,000,000**
- Plan **individual trips with nieces and nephews**
- Save for our **daughter's wedding**
- **Prepare a will**



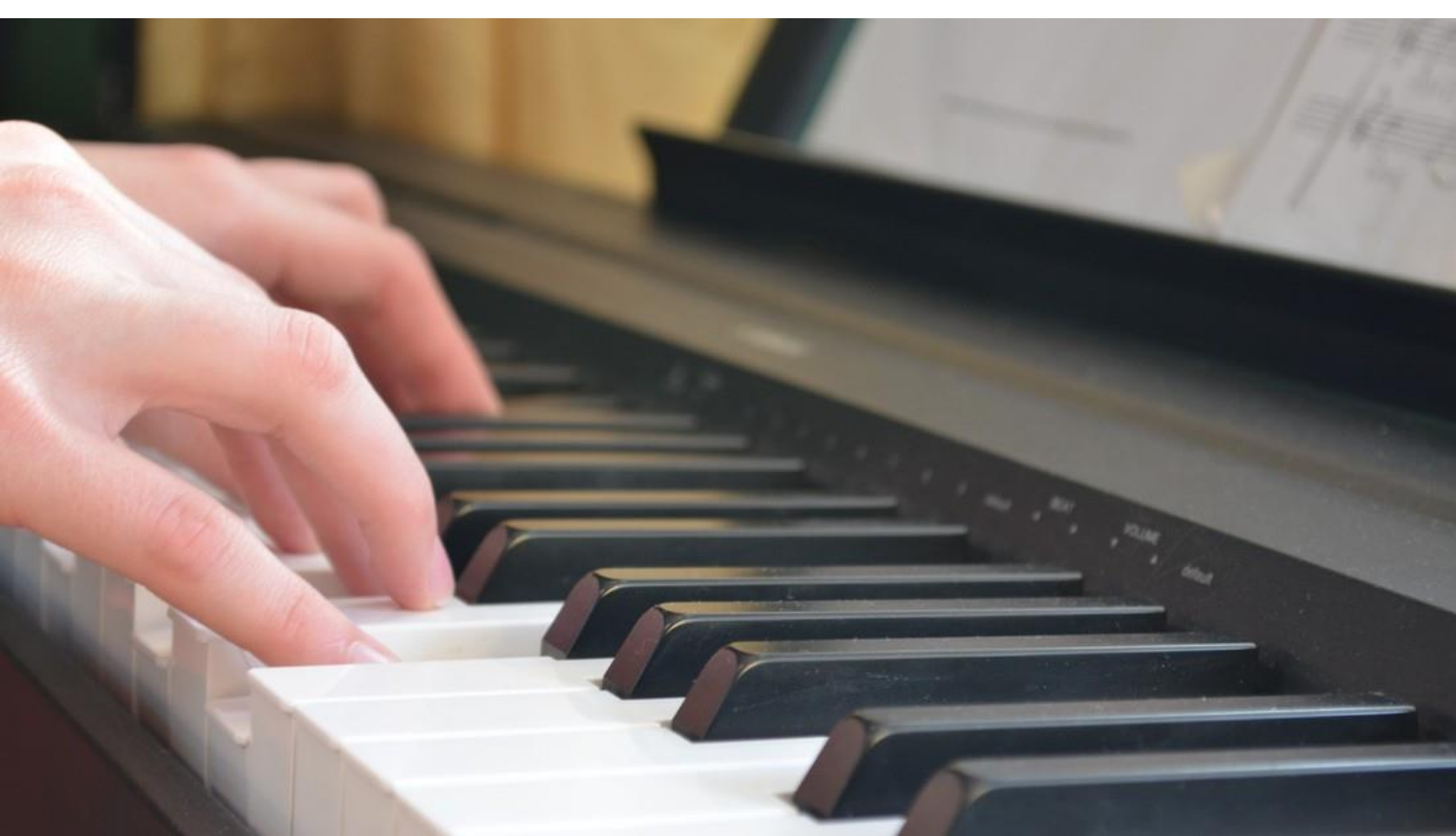




# CREATIVE DREAMS

- **Publish my children's book**
- Take a **pottery class**
- **Show my artwork** in a gallery
- **Build a workshop** in the backyard
- Take an **improv comedy class**
- **Join the choir** at church
- Try **one new recipe** each week
- Have one of my **songs picked up** by an artist



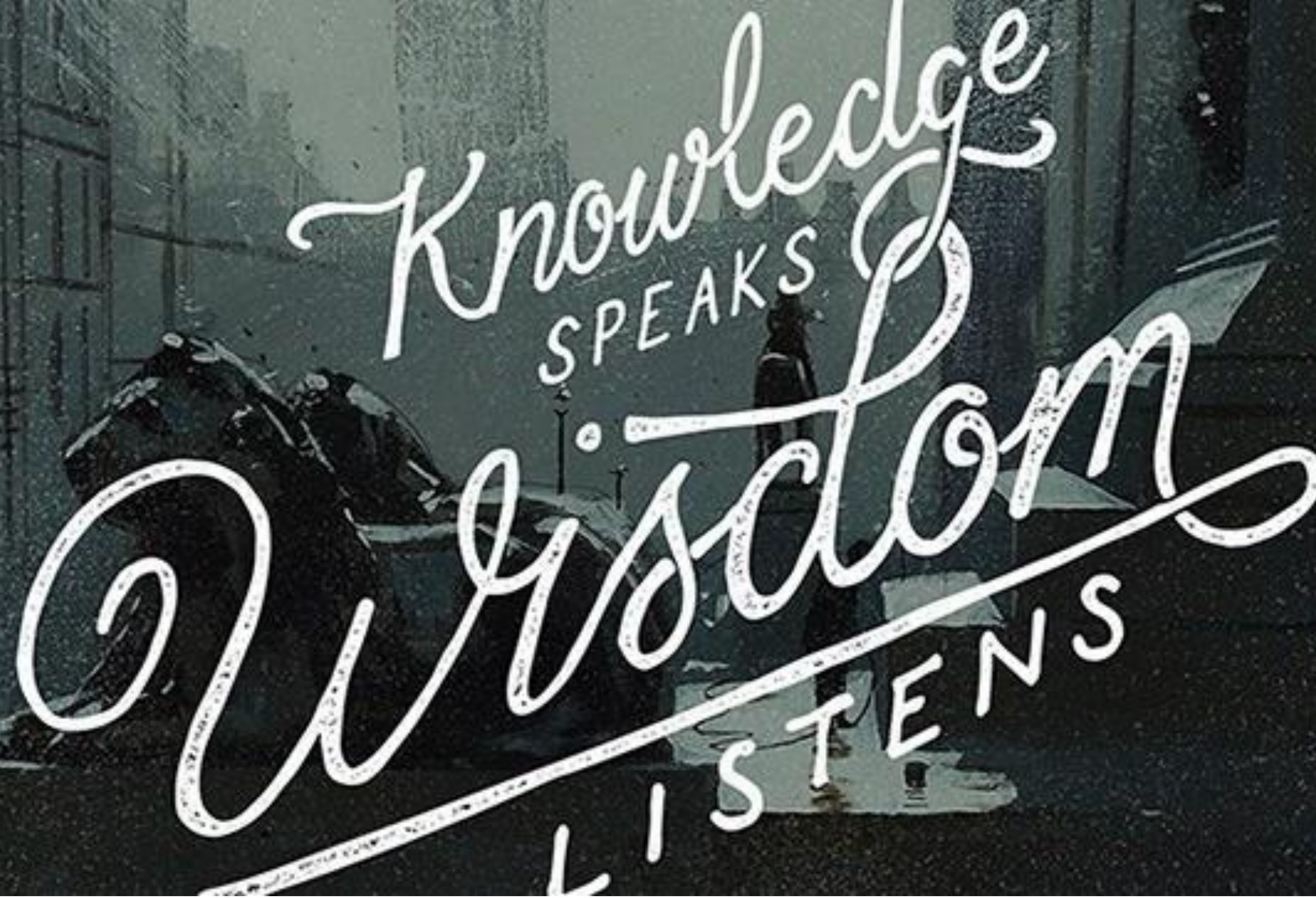




# CHARACTER DREAMS

- Develop **patience**
- Be more **courageous**, take more risks
- Focus on being an “**active listener**”
- For people to remember that I believed in their growth
- **Read a biography** about someone I admire
- **Develop wisdom and humility**
- **Refrain from gossip**
- To be known as a **leader in my community**





Knowledge  
SPEAKS  
Wisdom  
LISTENS



*stay positive*

ONE KIND WORD  
can change  
someone's  
entire day

**HABITS CHANGE  
INTO  
CHARACTER.**



# LEGACY DREAMS

*“Let no one ever come to you without leaving better and happier”  
~ Mother Teresa*

- **Take vacation with my son and my dad**
- **Fully fund a non-profit organization**
- **See all of my children graduate from college**
- **Host a fundraiser for a community non-profit**
- **Mentor a young adult**
- **Contribute financially to my church**





# What's your Legacy?



**WE WILL BE KNOWN  
FOREVER BY THE  
TRACKS WE LEAVE**





# YOUR HOMEWORK

- STEP #1:** Get to know your employees and their dreams
- STEP #2:** Hold a Dream Storming Meeting
- STEP #3:** Put up a white board of team's dreams in a central area



***“If you want to live a life of your dreams,  
help others live the life of their dreams.”***

**~ Zig Ziglar**



**THANK YOU!**  
**KEEP DREAMING!**

Amy Marzluff  
614.560.7497

