

## Dreams Are Free

Dream Job = my passion that is a money making opportunity. Using my skills and experience to bring about a change. Waking up happy and excited about going to work. I would be making a difference!!! I just knew once I got a job at a call center my life would be perfect.

Dreams are where I could escape in a time of uncertainty and hopelessness. Dreams are what I could afford. I was in a 5 year abusive relationship. I was homeless, depressed and my anxiety was off the charts. Tired of my current reality I reached out for help. A way opened and I was able to leave the horrible relationship I was in. Therapy assisted a lot. Gradually my life improved. It was when I was in this better place my therapist discussed employment with me. I was excited, over the top excited. I thought finally my dreams would become a reality.

I met with my employment coordinator and discussed my dream job with her. She didn't laugh or try to change my mind. We moved forward with my dream - discussed call centers, my skills, experience, strengths and barriers. We developed a resume and began the job hunt.

I was elated when my dream finally became a reality. Management is very supportive and my co-workers eventually became a type of family. While at work, I am able to do activities that reduce work stress and anxiety as long as those activities do not interfere with my job responsibilities. I have learned to advocate for myself. I have money to spend and my family thinks it's wonderful that I am being productive with my life.

I have been with my "dream job" for almost two years. You may think I work happily ever after as in my dream. But actually, I came to the realization that working at a call center is not my dream job after all. My employment coordinator assured me that it is okay for dreams to change. She is assisting me with identifying other employment opportunities.

Because of supported employment and working, I have gained a confidence in myself that I haven't had ever in my life. I am learning to ask for help if I need it. Working has helped me learn that personally I want more than sitting down and answering phone calls. What that looks like is still unknown – maybe education, maybe improving my current skills. What I do know is that I want to have a job that is fulfilling and will make me happy in my soul and in life.

My advice to you – Dream your Dream but accept Dreams can change. Don't give up when facing challenges. Continue to move forward. Ask for help but learn to advocate for yourself.