

# 2 RAISING EXPECTATIONS



## Believe you can have a job

Believe that you have a lot to contribute because with some creativity, there is a job for you. You and your family will need to be determined to find and maintain a real job. It's good to have a goal of what you want and then work out the steps you need to take now to get there. Other people have done this before you so remember it is possible.

## Follow your dreams

You might have a dream for your future. Dreams are important. They guide your goals and plans for your future. Imagine what could be possible and talk to other people about how they decided what they wanted to do. Listen to other people's stories and learn what is possible.

## Identify what you can offer

Everyone has strengths and something to contribute. Ask your family to help you identify your talents and contributions. Write these down and share them with others - they might have noticed qualities or skills that you have missed.

## Think outside the box

Translating your dreams into a job might need you and your family to think "outside the box".

Here are some strategies to help you think of typical and valued possibilities in your community.

## Circles of Support

A circle of support is a semi-formal group of people, who meet regularly to assist you to dream, plan, and work towards your personal goals. If two heads are better than one, then six heads are better than two. You and your family will feel much more connected, determined and organised with their support.

## Power of 10

The Power of 10 is a process using the concept of the multiple of ten ( $\times 10$ ) to help us think more broadly than we usually do. For example start by making a list of 10 things you are interested in; then for each of those ten you could name ten jobs that are related to that interest; then for each of those, name ten businesses that employ people to do that. You can do this alone but it works better when you have a group of people thinking with you.

## Learning to Ask

Asking for assistance is difficult for many people. People have written some useful tips on this to enhance the chance of success. These resources could guide you and your family on different ways to approach others and seek their involvement. See **Fact Sheet 8** for a link to some of these resources.

## Think about a Career

Having a career means your first job is not your last — you build on your experience in each new job towards a fulfilling work life. It also means developing skills and confidence over time. See **Fact Sheet 5** for more thoughts on Career.

## Surround yourself with positive people

Finding and keeping a job takes determination and persistence. Surround yourself with positive, experienced people who support your personal goals. They will have useful networks and knowledge to help you solve problems and find creative solutions. They will also support you when things get tough.



## Story

Mike listened to his school mates talking. They had many plans for the future — leaving home, travelling, going to university and having a girlfriend. Mike's dream was to be a rock and roll superstar.

When his Mum heard that she said,

*“Well, that’s a challenge. We will need to think about how this can happen.”*

With the help of his family, Mike found his first job at the local music store where all the local musicians hung out. They got to know him and invited him to their gigs.

Ten years on, Mike continues to work in the music store. He has set up a studio at home, recorded some songs, and played in his friends' band throughout the district. He is well on his way to fulfilling his dream.



Community Resource Unit Ltd  
[www.cru.org.au](http://www.cru.org.au)

Originally produced in collaboration with CSIA and NDS as part of the Inclusion Ready Project 2018.  
V.2 Republished August 2024 by Community Resource Unit.

