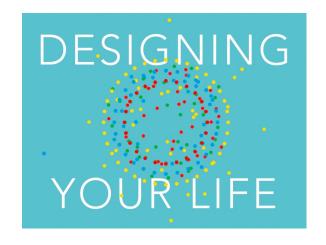
A life by default - or by design?



DYL was created at Stanford University's d.school and popularized by the New York Times bestseller *Designing Your Life*, *How To Build A Well-lived, Joyful Life*. Based on Design Thinking and positive psychology, it is an innovative method to help you move to the next chapter of your life, step-by-step - by becoming aware of your strengths, clarifying your needs and priorities, building creative confidence, and taking on personal and professional challenges with the mindset of a designer.

Designing Your Life is not a call to change your life.

It's an invitation to tranform the way you navigate through life.

How does it work?

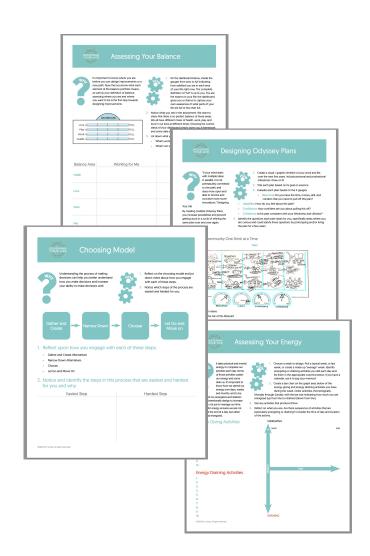
DYL is a 2-day a hands-on workshop in which you both learn the method *and* apply it to the real challenges and aspirations of your life.

Insightful, dynamic and practical, the workshop is a journey through key personal and professional life issues (described in the following page).

A range of exercises and tools help us focus on each of these topics, first individually, and then in small group exchanges that enrich and deepen our personal insights.

The workshop concludes with each person's « next steps » engagements and is followed up with an online check-in, 2 weeks later, to consolidate learnings and further networking opportunities and mutual support.





DYL: Topics and tools

- •Explore the social narrative and how it impacts your beliefs; reframe the dysfunctional beliefs that get in the way of thriving.
- •Define what work and life mean to you and how they can be integrated to increase flourishing.
- Consider your past jobs/roles and consider what you need today to be challenged at work and grow.
- •Design the balance and energy you need to fuel your life.
- •Frame and reframe problems or areas where you've been stuck and engage in "radical collaboration" and ideation for new solutions.
- •Envision future possible lives and learn how to prototype the parts of these lives that are most compelling to you.
- •Hone your decision-making process, your discernment, tuning into the wisdom of multiple ways of knowing.
- •Create a Designer's Action plan for real change.
- •Reframe networking and connect with others who can help you make progress on your action plan.

The Program

Prior to the Workshop

Write and reflect on your view of work and life. Identify where you feel stuck.

Workshop Day 1

Introduction to LifeDesign

Thinking like a designer: method, mindsets & tools Your life ecosystem: strengths, resources, challenges

Aspirations and motivators

A compass to navigate through complexity and uncertainties

Enhancing balance and energy

Workshop Day 2

Identify limiting beliefs and "false" problems

Creative problem-solving: the art of framing/reframing

Expanding possibilities: the mindset and tools of creativity

Developing Discernment in choosing

Future scenarios: 3 Odyssey Plans

Prototyping, the designer's super-power

Moving forward: the agile action plan

Post-Workshop

A 2-hour online workshop for follow-up, coaching and support

Boost your skill and confidence for designing a life where you will thrive – now and in the future.