

Designing Your Life 1.5 Day Retreat



Spend a day and a half working on the most important design project of all – your life.

Designing Your Life is a hands-on retreat that helps you learn and use the Life Design[©] method, popularized by the New York Times bestseller *Designing Your Life, How to Build a Well-Lived, Joyful Life*.

You will leave with a mindful awareness of where you are right now and tools to design new possibilities for your life.

We will build and engage a supportive community to:

- Explore the social narrative and challenge 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.
- Explore your past roles and consider what you need to be challenged and fulfilled.
- 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 three potential future lives and learn how to prototype the parts of these lives that are most compelling to you.
- Hone your decision-making process, tuning into the wisdom of multiple ways of knowing.
- Increase your mindful awareness of where you are in the life design process through short meditations.
- Action plan for real change, including a 30-day post-workshop checkpoint with the instructors.
- Reframe networking and make the connections needed to make progress on your action plan.

<http://designingyour.life/workshops-retreats/>

Overview

Pre - Workshop

- Write and reflect on your work and life views
- Consider where you are stuck.

Workshop Duration

- Saturday 8 am - 6:30pm
- Sunday 8 am – 1 pm

Meals

- Saturday breakfast
- Saturday lunch
- Saturday evening wine and cheese reception
- Sunday breakfast

Post - Workshop

- Attend a one-hour post retreat call with the instructors and workshop colleagues for follow-up and coaching.



What past participants say:

"I gained insight that will make a positive difference in my life, and I'm inspired to do the work I'm meant to do."

"Mindfulness was a multiplier and increased the impact for me."

"I've taken a lot of training and retreats. This was the best, most energizing one, ever."