Designing Your Life 1.5 Day Workshop

1.5 DAY WORKSHOP

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

Designing Your Life is a hands-on workshop 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.*

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.

- 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.

ww.designingyourlife.eu

Overview

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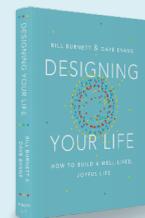- Consider where you are stuck.

Workshop Duration
- Friday 8 am - 6:30pm
- Saturday 8 am – 1 pm

Meals
- Friday breakfast
- Friday lunch
- Friday evening wine and cheese reception
- Saturday breakfast

Post - Workshop
- Attend a one-hour post workshop 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. I'm inspired to do work I'm meant to do."

"Mindfulness was an effectiveness multiplier."

"This was the best, most energizing training I have ever attended."