

Designing Your Life 1.5 Day Corporate Workshop



Companies are changing their employee experience to:

- **Increase Engagement**
Surveys show that life design can increase employee empowerment and ownership for their career and engagement at work.
- **Promote Innovative Career Development**
Give employees helpful tools and a design thinking process to design their careers for greater energy and fulfillment, as well as tools to talk with their managers about their goals. DYL can be an accelerator for internal mobility.
- **Increase Employee Wellness & Balance**
Promote tools for employees to improve balance, job fit and flourishing..

Choose tools and build a program to help your employees:

- Explore the social and company narrative and challenge dysfunctional beliefs that get in the way of thriving at work.
- Define the meaning of their work and life and how they can integrate them to increase flourishing.
- Design the balance and energy needed to fuel their lives and work.
- Frame and reframe problems or areas where they'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 them, at work and beyond.
- Use design tools to hone their understanding of and choose roles that work for them and the company.
- Action plan for real change.
- Reframe networking and make the connections needed to develop professionally.
-and many others

www.designingyourlife.eu

Overview

Pre - Workshop

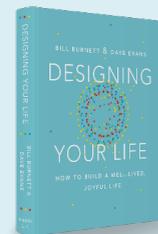
- Write and reflect on your work and life views
- Consider where you are stuck.

Workshop Duration

- Standard time of 9am – 5pm or a length that works for your company

Post - Workshop

- Choose to provide your employees with a one-hour post workshop call with the instructors and workshop colleagues for follow-up and coaching.



What past participants say:

"One of the most valuable professional development opportunities I've ever had. The energy mapping tool was life changing."

"My colleagues came up with ways for me to prototype my way into a new role – and it worked!"

"This is the first time I have really felt like the company actually cares about me as a person and my professional growth."