

# Designing Your Life 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.
- Reframe networking and make the connections needed to make progress on your action plan.

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

## Overview

### Pre - Workshop

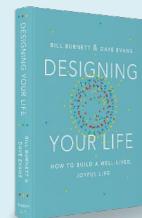
- Write and reflect on your work and life views
- Consider where you are stuck.

### Workshop Duration

- Saturday 8 am - 6 pm
- Sunday 1 pm – 5 pm

### Meals

- Saturday breakfast
- Saturday lunch
- Saturday evening reception
- Sunday lunch



### 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."*