

Life Design Workshop

DESIGNING YOUR FUTURE

FOR HIGH SCHOOL STUDENTS

Framework by
Stanford Professors,
Engineered at
Stanford University

For the first time in India,
brought to you by:



DESIGNING YOUR FUTURE

Self Awareness

+

Self Efficacy

for

Intentional Change





8th - 12th June 2024
10:00 am to 4:00 pm IST



Lancers International
School, Gurugram



Grades 9-12



INR 50,000 +
18% GST



Deadline :
31st May 2024

[Secure your spot!](#)





"[DYL] is about treating life in a more improvisational way. It's a welcome counterbalance to the data-driven, engineering mind-set gripping the culture."

The New York Times

"[DYL] has become one of the most popular electives at [Stanford]. The method has been the subject of two PhD theses and had demonstrated significant results in helping people design the life they want."

Forbes

"Stanford's Most Popular Class Isn't Computer Science—It's Something Much More Important"

"[DYL] offered participants a values-based compass of their own design, and tools to navigate life's toughest decisions"

FASTCOMPANY



Engineered by the minds of **Stanford** professors and bestselling authors **Bill Burnett & Dave Evans.**

Bill is the Executive Director of the Design Program at Stanford. He holds a number of mechanical and design patents, and design awards for a variety of products including the first "slate" computer. 45 years, five companies, and a couple of thousand students later Bill is still drawing and building things and teaching others how to do the same.

Dave is a lecturer and co-founder of the Design Program at Stanford. Having an extensive experience of 30 years in management consulting, being a co-founder of Electronic Arts and he also introduced the computer mouse to the world while at Apple.

Together, the two have created and started a global movement through with their framework for life design -- "Designing Your Life" to strive, thrive and flourish. The "Designing Your Future" programme uses and is built on this proven and celebrated framework.

A programme and framework engineered at Stanford University built on a foundation of design thinking to design and build a meaningful, fulfilling and successful future.

Defining.

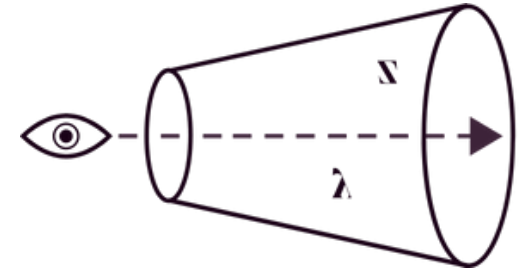
Defining Your 'Next Quest'.

Overview

- Unpack 'purpose' and 'passion' to cultivate a more conscious awareness of your aspirations and passions.
- Create a coherent story aligned to who you are and what you want to do in the world.
- Explore concepts such as 'wayfinding' to discover your next quest.
- Identify limiting beliefs and narratives that influence or stop you from pursuing your aspirations.
- Strategize on how to overcome them.
- Chart, track and reflect on energy-gaining and draining activities in different aspects of life.

Activities

- Defining your Next Quest
- Workout to identify and tackle limiting beliefs
- Energy Mapping - Charting and tracking energy



Programme Overview

Designing.

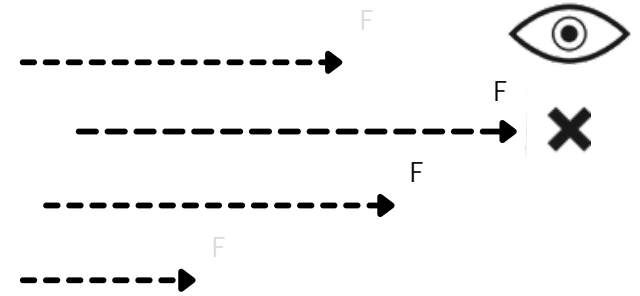
Thinking Like a Designer and Building Creative Confidence.

Overview

- Understanding the Design Thinking process
- Developing empathy for self and others
- Adopting the Designer's mindset and methodology
- Learn to think like innovators
- Building 'Creative Confidence'
- Learning to tackle and deal with 'problems' through
- creative problem solving
- Uncover your assumptions

Activities

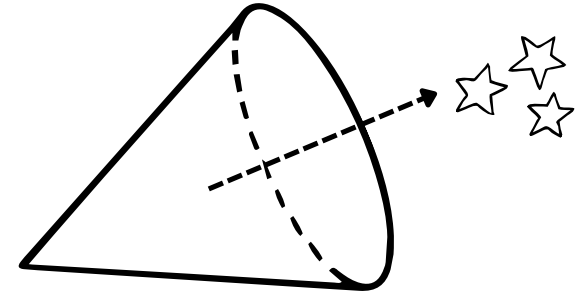
- Marshmallow Exercise
- Stanford d.school's 'Wallet Exercise'



Programme Overview

Dreaming.

Dreaming Up Possible Futures and Crafting and Visualising Your Next Quest.



Overview

- With your hopes and goals, dream and create 3 distinct quests/adventures you see unfolding in your future to explore what's exciting. Visualize and manifest these adventures.
- Learn the principles of Storytelling.
- Gain clarity for your quests and dreams by defining, refining and telling your story with impact through the principles of storytelling.

Activities

- Envisioning Your 3 Life Odysseys - Envisioning adventures and possibilities
- 'What's my story' through the principles of storytelling
- Looking back on and manifesting your quest

Programme Overview

Doing.

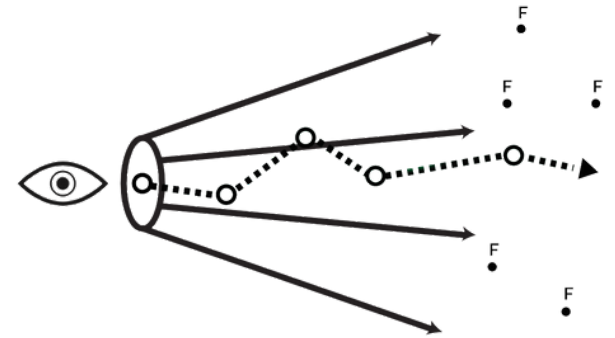
From Ideas to Action — Bringing Ideas to Reality.

Overview

- Practice 'learning by doing' to apply concepts
- Reach out and have 'prototyping' conversations
- Identify influencers / stakeholders to support your quest
- Collaborate and brainstorm ideas to generate lots of options and good.
- Learn how to bring your ideas to reality through 'prototypes' and iterate as you move forward.
- Adopt decision making methods to discern which ideas to take forward and learn ways to test these ideas in the real world for maximum impact.

Activities

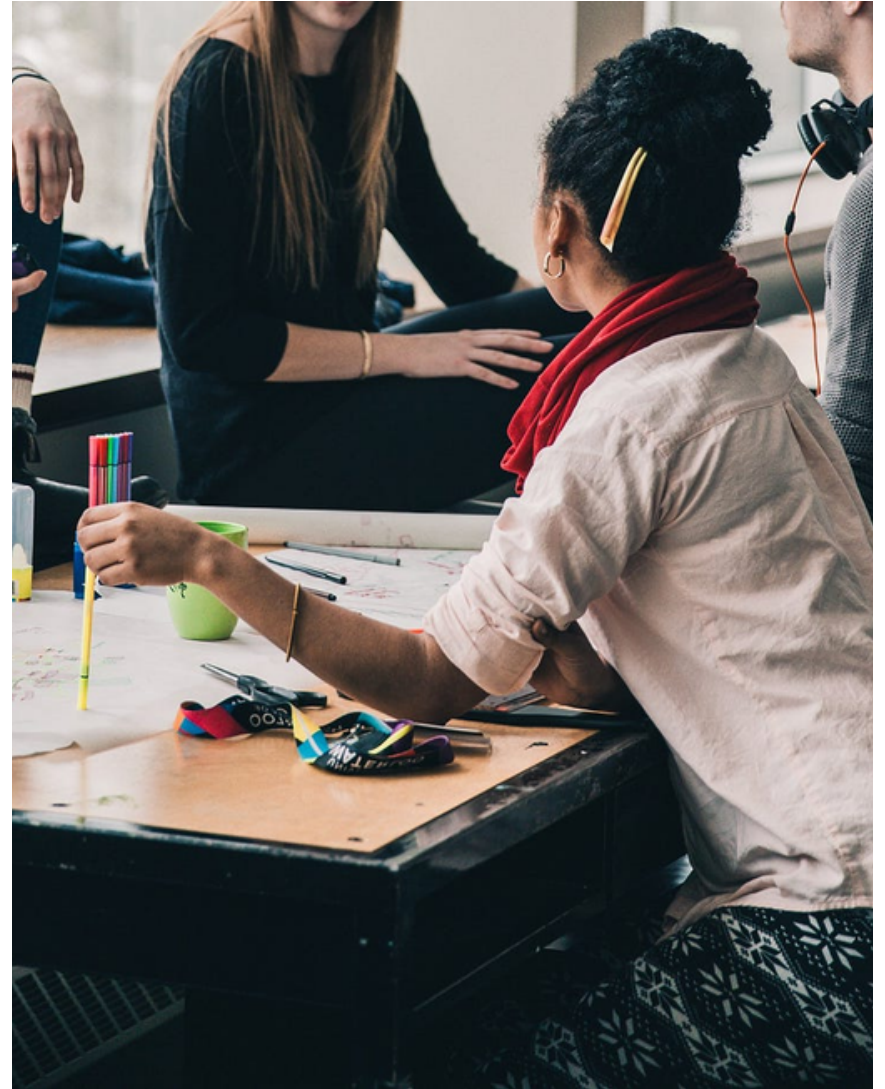
- Ideation through radical collaboration
- Use brainstorming techniques to generate ideas to prototype



Programme Overview

Students leave with:

- A Designer's Mindset
- Life Design Tools, Methods and Techniques
- 3 Mapped out Adventures/Next Quests
- A Workbook with their next quests and adventures documented
- A Certificate signed by Stanford Professors Bill Burnett and Dave Evans and Stanford Certified Instructor Navyug Mohnot
- A community of Life Designers





Students leave with:

- Become more sensitive to context
- Develop empathy for self and others
- Learn creative problem solving techniques
- Gain creative confidence
- Failure immunity with a generative mindset
- Develop a bias to try stuff

Register Today!

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