

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





22nd - 26th July 2024  
10:00 am to 4:00 pm IST



Museum of Solutions,  
Mumbai



Grades 9-12



INR 50,000 +  
18% GST



Deadline :  
12th July 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.

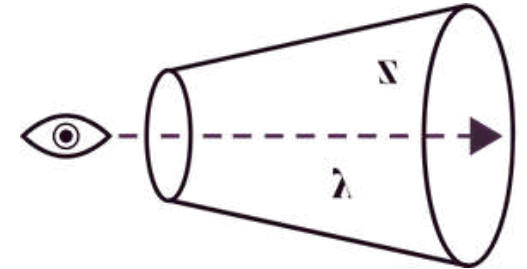
## Defining Your 'Next Quest'.

### 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.

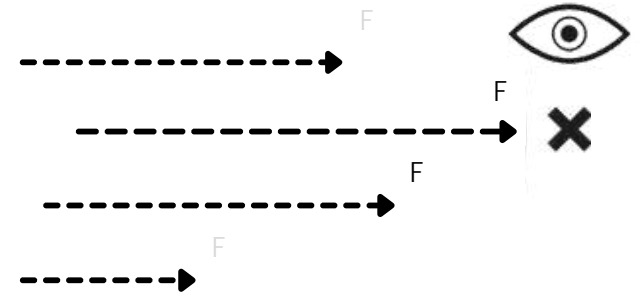
## Thinking Like a Designer and Building Creative Confidence.

### 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

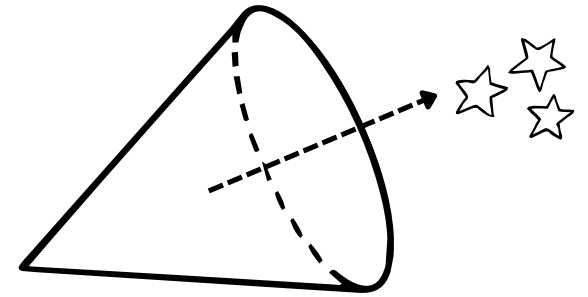
- Marshmallow Exercise
- Stanford d.school's 'Wallet Exercise'



## 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.

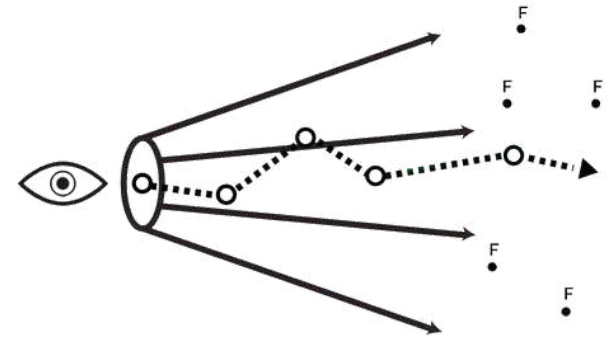
## From Ideas to Action — Bringing Ideas to Reality.

### 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

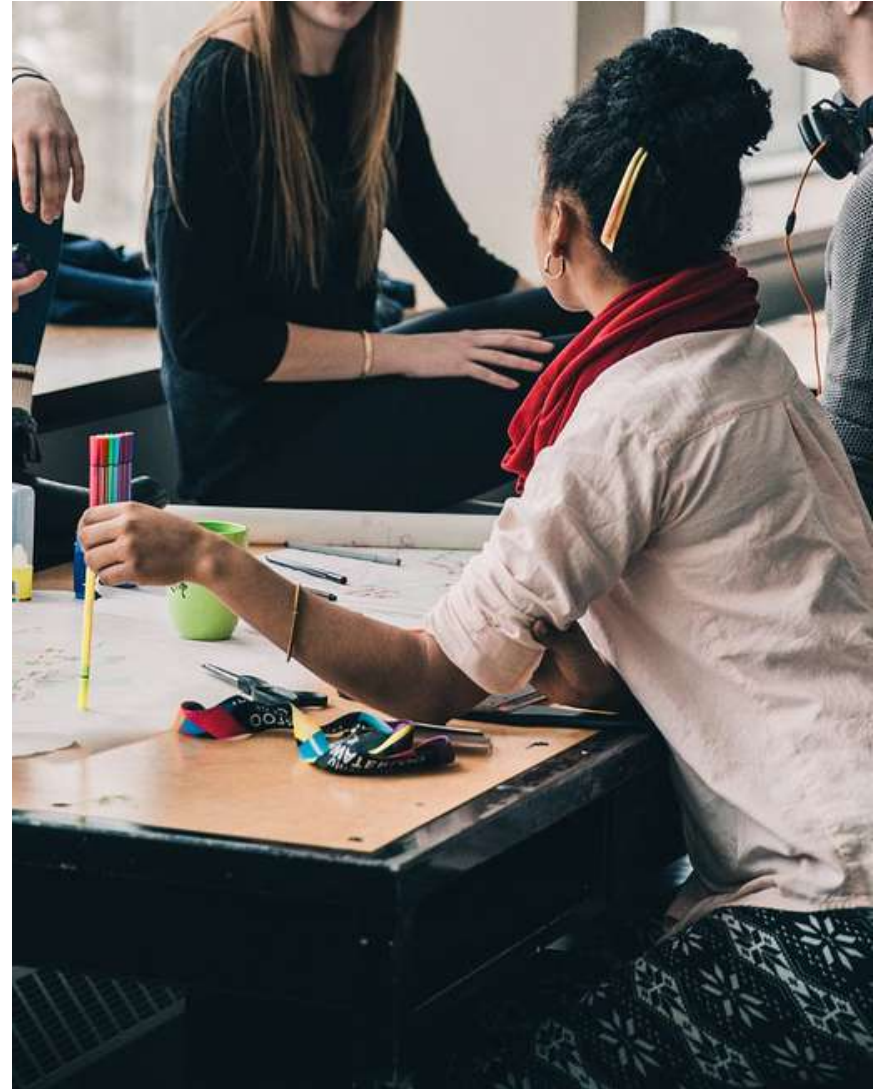


## Programme Overview



# 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!](#)

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:

