

DESIGNING YOUR WORK LIFE



Based on #1 New York Times bestseller “**Designing Your Life**” and “**Design Your Work Life**” over 130 companies and non-profit organizations have introduced these thought-provoking ideas to create engaged employees with a plan for their career and their lives.

*Official Licensed
Program based on #1
New YorkTimes
bestseller*

Firms like Merrill Lynch, AIG, and McKinsey have completed short workshops to introduce their employees and clients to these powerful ideas to **create higher productivity, reduce burnout among employees, and increase engagement level**. Come and participate in this one day workshop that uses a human-centric-based approach, design thinking, to design the most interesting project – your life.

WORKSHOP CONTENT PREVIEW



Designing Your Work Life is designed by emphasizing the concept of Human-Centered Design and applied for self-understanding and work life. Participants would learn about:



- **Self-Exploration:** Empathizing self to create self-awareness, hidden potentials. Define one's meaning of "good life" and "meaningful life" to create tangible goals and action plans to achieve them
- **Life Dashboard:** A tool to help prioritize life aspects, which lead to better productivity and reduce burnout from stress
- **Odyssey Plans:** Learn a tangible tool that helps "craft" the career path that is beneficial to both individual and company
- **Manage Your (Team) Energy:** Learn what is energy level, and why a good team needs to manage them? This powerful tool helps a team become more productive and create strong collaboration between its members
- **Psycho-Education:** Learn more about the academic-rooted concept of psychology and neurosciences, and how their implications affect you in making a decision, motivating action, and creating energy



WHO IS THIS FOR:

- **Executives or team leader** who is looking for world-class tools that help improve productivity
- **HR personnel** who are looking for a model to increase employee engagement level, especially those at the stage of initiating a curriculum for Talent Management Program
- **Companies that are in cultural transforming process**, and embracing the Millennial workforce
- **An employee who is in the transition period** e.g. got promotion, transfers to other functions, and needs tools for coping with these changes
- **An employee who wants to improve efficiency in working**, as well as an ability to design and navigate decisions about life

WHAT WILL YOU GET FROM THIS WORKSHOP:

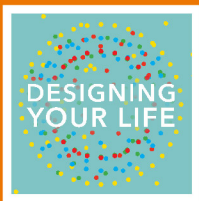


While we will concentrate on personal change, the ideas and tools that we practice in the workshop are directly applicable to any modern organization that recognizes that the most critical “IP” in any organization is an engaged and motivated employee. The outputs including:

- **Hands-on exercises** to ensure that you get the best experience and knowledge of how to apply these tools/activities in your corporate
- **Concepts and tools** to coach your employees about planning their career paths, and create a more engaging work culture
- **Experience greater overall well-being, resilient in the face of challenge, and unleash creativity and innovative thinking** to design the greatest thing yet, your life

ABOUT YOUR INSTRUCTOR

Permsit Lamprasitipon, Ph.D. a counseling psychologist, and Thailand's representative and a Certified Designing Your Life Coach from the author Bill Burnett and Dave Evans



AGENDA



9.00 – 10.00	Dysfunctional Beliefs
10.00 – 11.30	Meaning Making/ Life Dashboard
11.30 – 12.00	Gravity Problem
13.00 – 14.30	Odyssey Plans for Career Planning
14.30 – 16.00	Psychology-based Life Choice Choosing Model
16.00 – 17.00	Manage Your (Team) Energy