

DESIGNING YOUR LIFE



At some point in life, we all have these questions “I want to start something new, but don’t know how to?”, “How do I balance my career with my family?”, or “How can I make a difference in the world?” Spend a day with one of the most popular courses from Silicon Valley and #1 Best New York Times best-selling book with the same title, *Designing Your Life*, to answer these life questions.

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

“*Designing Your Life*” is an intensive, hands-on workshop experience where you will learn and apply the world’s renowned innovation method, Design Thinking, to your own life. Taught by the only licensee in Thailand and Southeast Asia, you **will leave with clarity regarding where you are right now, new designs for balance and energy, new ways to frame problems you’ve been trying to solve for a while, insights on how to hone your decision making, and three possible future paths – Odyssey Plans – for your life.**

WORKSHOP CONTENT PREVIEW



This workshop **will provide you with practical tools for building a way to a new life, a well-designed life that is productive and evolving. You would learn about:**



- **Self-Exploration:** Empathizing self to create **self-awareness, hidden potentials. Define one's meaning of "good life" and "meaningful life"** in order to create tangible goals and action plans to achieve them
- **Correct-Framing:** Learn how to look at those questions from a different angle, get "Unstuck", and start to build your way forward
- **Design Thinking Mindset:** One of the most important aspects of innovator is having the right mindset. In this course, you would learn **how to apply the designer mindset towards your life**
- **Creative Confidence:** Get more confident in **finding a more creative way in designing your life**, and have the courage to execute life's prototype
- **Life Design Team:** Learn how to **create a life design team**, so you could enhance your life design goal in a fun and engaging way



WHO IS THIS FOR:

- People who are in **life transition**, whether it is a beginning of work life, being promoted to a management role, or planning for life after retirement
- People who find themselves **lack of "Passion"**, and would like to find motivation in what they are doing
- People who want to **improve efficiency in working**, as well as an ability to design and navigate decisions about life
- People who **do not have a clear goal**, or do not know how to make it happen
- **Counselor or life coach** who seek for new ideas or proven tools that could apply to help their clients

WHAT WILL YOU GET FROM THIS WORKSHOP:

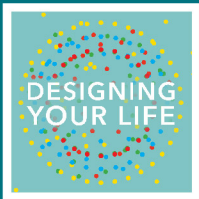


- **In-depth learning** for better understanding of Designing Your Life tool for future applications, in addition to access to materials that **are not presented in the book**
- Get **"actionable" plan** after the workshop, so it could be a good starting point for designing your life onwards
- **A daily newsletter for 28 continuous days*** that include psychology-based tips and additional Designing Your Life tools to help you build habits and a life you love in a sustainable way
- The **only certified workshop in Thailand and Southeast Asia**, where participants would get an official certificate of completion

*In Thai Language

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. He is also a founder of Modular Consulting, a Human-Centered Design firm.



AGENDA



9.00 – 10.00	Designing Your Life Overview
10.00 – 11.30	You are here!
11.30 – 12.00	Gravity Problem
13.00 – 14.30	Odyssey Plans
14.30 – 16.00	Life Choice
16.00 – 17.00	Unicorn Hunting



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