



# Designing Your Life

## Creating a meaningful future using design thinking

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### 1 The workshop in a nutshell

How do you define "a happy life" for you? As a life, you are fiddling around for a job with social prestige and high stress? In the center a well-endowed job, with which you buy a relaxed free time? Or are you looking for less hamster wheel and more fulfillment? Then take your luck in your hands and come to our workshop!

Here you discover what you are really looking for in your (working) life and how you shape your future accordingly. You will meet other people who are looking for individual solutions to realize, to make a difference, to make sense or to develop themselves. Together we embark on a search for a fulfilled life that gives you joy and energy.

### 2 Living a fulfilling life, but how?

In order to find your individual solutions for a fulfilling life, we work according to the principles of design thinking: We use creative and visual methods that enable you to personalize and develop your personal vision of the future beyond cognitive logic (rational pro-contra lists, decision matrix, economic thinking, etc.). Rather, we use creativity techniques to reframe existing thought patterns, dead ends and one-way streets.

We create emotional experiences, make room for allegedly absurd ideas and thus create unconventional ideas for your future. Through empathy, inspiration, and co-creation, you'll turn your ideas into prototypes, examine them, modify them, and optimize them in the weeks that follow.

### 3 So, future-me? Exactly.

After the workshop you will

...know your demands for a happy and fulfilling life

...have developed many ideas for activities that fulfill your needs

... have taken steps to pursue some of your ideas

... know what further measures you can take to fulfill your wishes for a good life

... have changed your attitude to life planning and have learned the tools to work constructively towards your best possible life plan, even at later stages of your life.

In follow-up sessions you will

... be accompanied in further steps to the design of your future

... understand the value of peer feedback and build a network for life design

## 4 This is what I want.

This is what you get:

- 2-day workshop incl. follow up meetup in Zurich
- Small groups (8-16 people) in an open and relaxed atmosphere
- Dates will be published soon, sign up for the newsletter to be the first to know

## Trainer

Dr. Sebastian Kernbach is a Visiting Fellow at Stanford University, where he was trained by Life Design founders Bill Burnett and Dave Evans. Worldwide, he works with researchers and executives in the fields of visual thinking, storytelling, creativity and designing your life. In Zurich Sebastian has set up a "Life Design Team" and brought Stanford's course to the University of St. Gallen, where he works as a project manager, lecturer and visual coach at the Institute for Media and Communication Management.

Judith Schwanke leads the promotion of young talent at the University of St. Gallen. She has a master's degree in science management, is a systemic consultant and a certified Life Design Facilitator. Judith has been working in university personnel development for 7 years and is an expert in career topics.

