

TWO DAY TRAINING ON

Design Your Future Worklife

BY
DR. ANU



Overview

Company leaders know it's tough to work virtually every day, all day. They recognize their employees are struggling with the blurred boundaries around work, family, love, play, health — with work overtaking all. Stress and burnout are on the rise, and employees are hungry for the tools and mindsets that will help them design new ways to work and thrive. And the current environment disproportionately impacts women, with McKinsey's latest Women in the Workplace Report stating that "One in four women are considering downshifting their careers or leaving the workforce due to Covid-19." New work life designs are needed for this new normal!

Also many of us are experiencing life transitions — planned and unplanned, periods of feeling stuck, and changes within ourselves, our relationships, and our communities. Designing Your Life provides an opportunity to learn life design skills — a hands-on approach to applying the creative, iterative, human-centered design process to crafting a life we love.

These are some of the questions that bring people to a Designing Your Life (DYL) workshop, where we create a collaborative environment of participants that supports each other to design answers and possibilities.

- "What's the next chapter in my career?"
- "How do I pivot from my current path into a new area?"
- "How can I design my job for more balance and energy, especially now?"
- "How do I make everything work without childcare, with the need to support homeschooling, and the always-on-work schedule that's so demanding?"
- "How could I design ways to be a better leader? Mentor? Coach?"

Upon successful completion of the course, participants will get a clear idea to transform their work lives and create their dream job, one that is engaged and meaningful, and helps you find happiness at work.

Program Objective

We use the DYL methodology to ground us in who we are and what we are becoming. The tools and resources help the participants try out ideas and dreams in low-risk ways. From pursuing a nontraditional career path to redesigning your days to align with priorities and energy, DYL helps you explore the many options available to navigate life's trials and challenges.

The workshop would help the participants to understand

- How to work on the most important design project of all – your life.
- Work together real-time to reframe dysfunctional beliefs
- Explore the social and personal narratives that shape us, and dig into design tools to increase your creativity and confidence.
- Use design tools for balance and energy and improvements, practice ways to frame problems and get unstuck, gain insights into honing your decision making,
- Design three possible future paths – Odyssey Plans – for your work life.

Methodology

Highly interactive zoom sessions where you will talk with other participants about your life and life design tools.

Tools and worksheets to support your assessments and reflections.

A 2-hour post-retreat call/meet with the instructors and fellow participants for follow-up and coaching.

Trainer

Dr. Anu Binny holds a doctorate in Engineering. She is a International Speaker, International Trainer, and Designing Your Life Coach. She draws on her own experience of how she worked her way up the corporate ladder and achieved success both personally and professionally. She has won many awards to her credit and is also invited as a Speaker for her subject knowledge and motivation. She believes everyone deserves to thrive and conducts workshops to inspire and empower anyone who is contemplating whole new futures. She helps clients with the tools and step-by-step guide to leaving their failures behind, better understand themselves, embrace their truth, tell their story, and create a life that will work for them. She has a special heart for introverts and people who have faced a setback. She is an avid lover of Indian handicraft and loves to travel the length and breadth of India visiting historical places to know more about her land and its inspiring culture. To know more about her life, her work and speaking engagements visit her website anubinny.com

Session Details

1. Start Where You Are: Kick off your DYL experience. Meet the instructor and your community, share your goals and commit
You will be introduced to design thinking and the life design framework and start the conversation about the narratives that drive your life design.
Assess and Reflect Where You Are and your own balance and energy.
Get Unstuck by Digging into balance and energy and how to get unstuck.
Consider how all your assessments inform 3 Avatars of your future.
Design tangible ways to move forward and realize your future dreams.
2. A 2-hour post-retreat call/meeting: Share your experiences. Get the support you need to continue your life design practice. Discover the science of change to set yourself up for success when you are making small or large life changes.
3. Bonus- 2 weeks Post workshop meetup : Celebrate progress, share obstacles and get insight into how others have handled similar challenges. This session is optional.

Who should attend the Programme?

Men and women of all ages, backgrounds and career experiences can participate in this workshop. Their common goal should be to design a life and career with more joy, purpose and fulfillment. And they are usually at some kind of crossroads in their life, making a midlife-career change or designing their retirement or who feels disengaged from their job or need an outlook-change to transform their work lives and create the dream job, one that is engaged and meaningful, maybe without changing the job they have or in present COVID times, with digital disruptions wondering what happens to their job when the robots and artificial intelligence come to their workplace.

Outlines of Programme Content:

SESSION

COVERAGE

Session 1

1st day
9.00 am to 1.00 pm
with a tea break

Start Where You Are:
Kick-off your DYL experience. Meet the instructors and your community, share your goals, commit. You will be introduced to design thinking and the life design framework and start the conversation about the narratives that drive your life design.

Session 2

1st day
1.30 pm to 5.00pm
with a tea break

Path 1: - Where am I in my life right now? How are things going?
Understanding the five key mindsets to design your life. The first step is to assess where you are: Reflect on why you work and map past and present work roles to identify what satisfies you and what doesn't Assess your own balance and energy.

Session 3

2nd day
9.00 am to 1.00 pm
with a tea break

Create a compass in work and in life so that participants can calibrate their efforts towards what they find meaningful and important.
Get Unstuck: Understand the Role of Belief. Dig into balance and energy and how to get unstuck. Practice framing and reframing, and how to further think like a designer. Consider how all your assessments help you create 3 Avatars of your future.

Outlines of Programme Content:

SESSION

COVERAGE

Session 4

2nd day

1.30 pm to 5.00 pm

with a tea break

Design Your Future: Alternative Life Plans Odyssey
Share your assessments, Avatars of the future, and insights gained in the previous weeks. Together use generative listening and idea boards to design tangible ways to move forward and realize your future dreams. Leave with an action plan and accountability.

In the above schedule 10 to 15% change may be made based on the participants' request

Interested to know more : Visit anubinnny.com to book a time slot for discussion

or Email your request to dranubinnny@gmail.com

Workshop Registration Form

Please fill the form completely so that your registration may be processed promptly.

Full Name: _____

Gender: Male Female

Address: _____

Email: _____

Birth date: _____

Mobile No: _____