

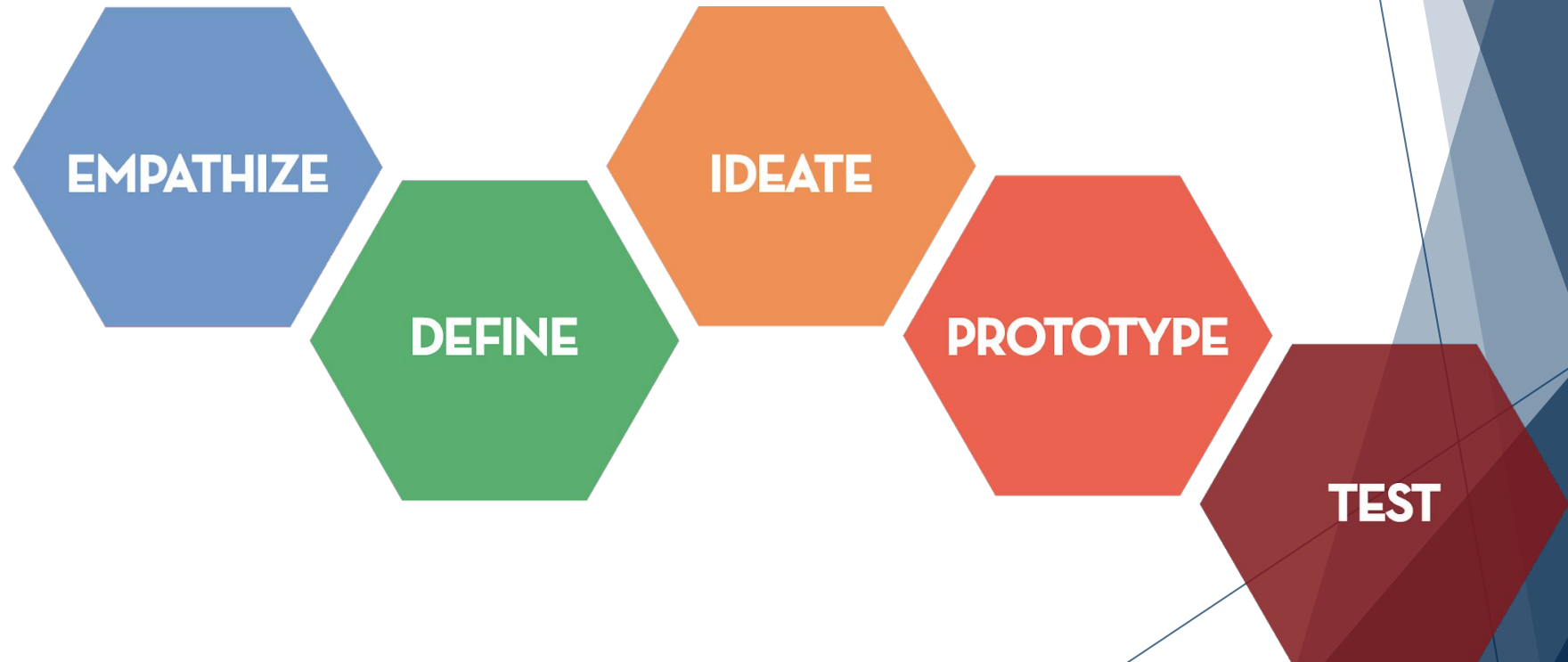
NOW
2018
Staff Career Development
Conference

Inspiring
Sustainable
Opportunities

Designing Your Life

Using Design Thinking to Build a Life Where You Thrive

Design Thinking





d.life lab:

RE-FRAMIN

We teach classes that help
you figure out **what you want**
to be when you grow up.

d.life lab:

We teach classes that help
you figure out **what you want**
to grow into as your life
journey unfolds.

Why life design?



People get
STUCK

Dysfunctional Belief #1

**What's
Your
Passion?**



Dysfunctional Belief #2



You should know where you're going by now!

Dysfunctional belief #3

**BE THE BEST
VERSION
OF YOU!**

- Are you **SURE** this is the **ONE BEST LIFE?**
- Are you worried you're **SETTLING?**

A young girl with long brown hair is wearing a blue graduation cap and gown. She is smiling slightly and looking down. A blue speech bubble with a white border is positioned to her left, containing the text "Hairdresser!". The background is a light, textured surface.

Hairdresser!

Design Thinking

A Culture of Mindsets



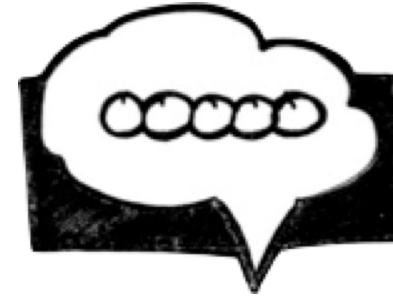
**RADICAL
COLLABORATION**



REFRAMING



CURIOSITY



**MINDFULNESS
OF PROCESS**

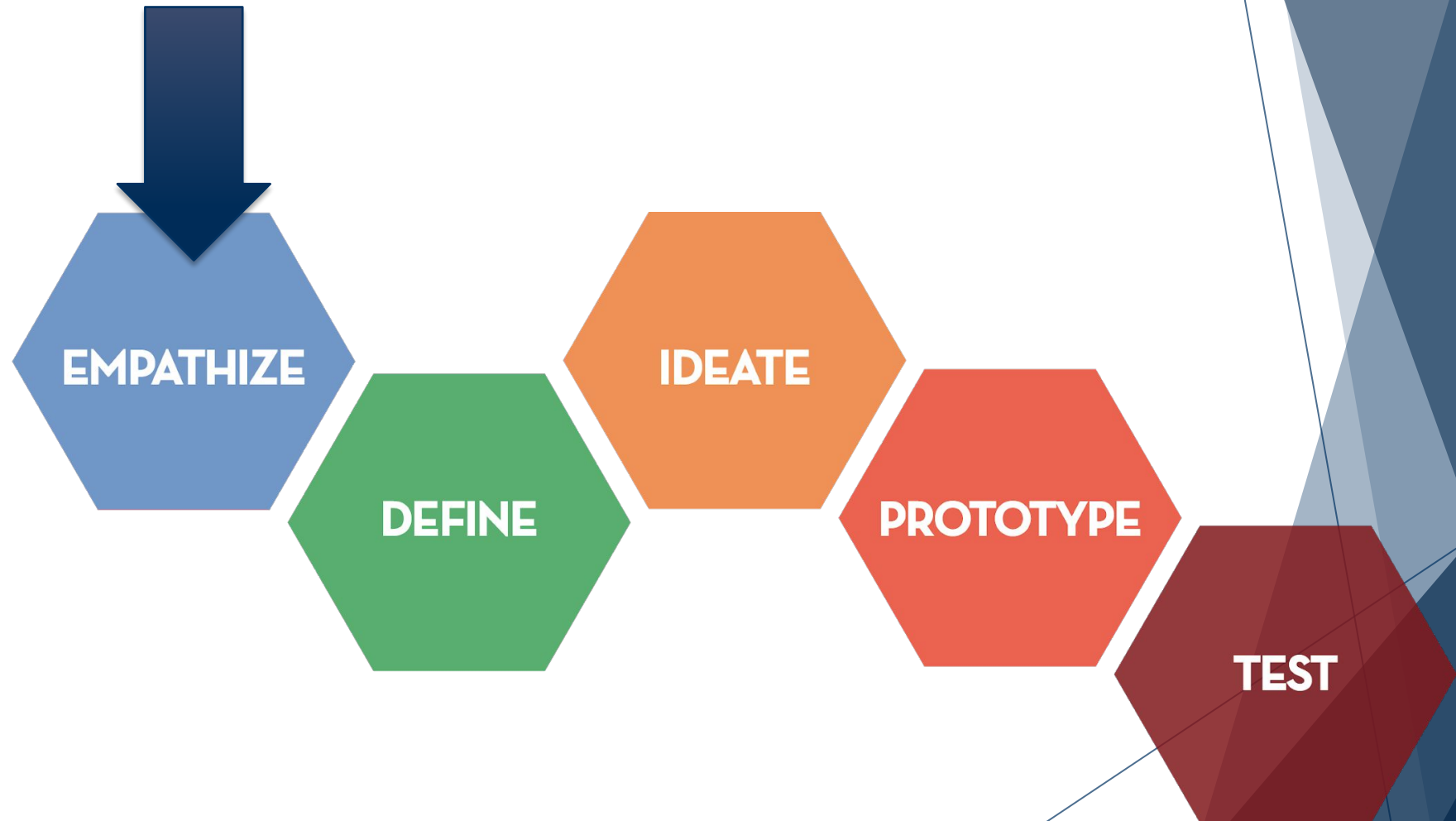


**BIAS TO
ACTION**

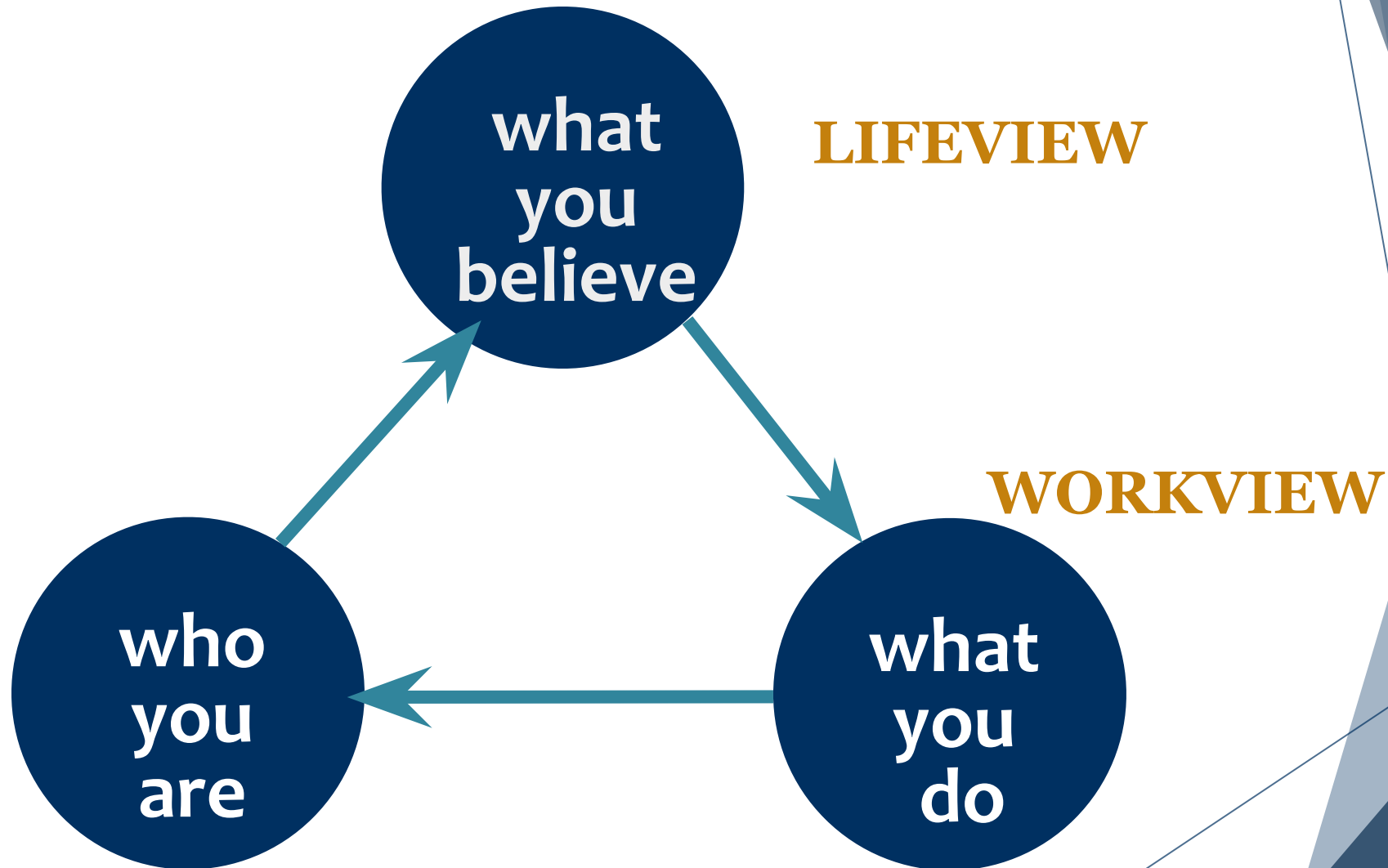
DESIGN THINKING

FOUR BIG IDEAS

Idea#1 Creating Your Compass

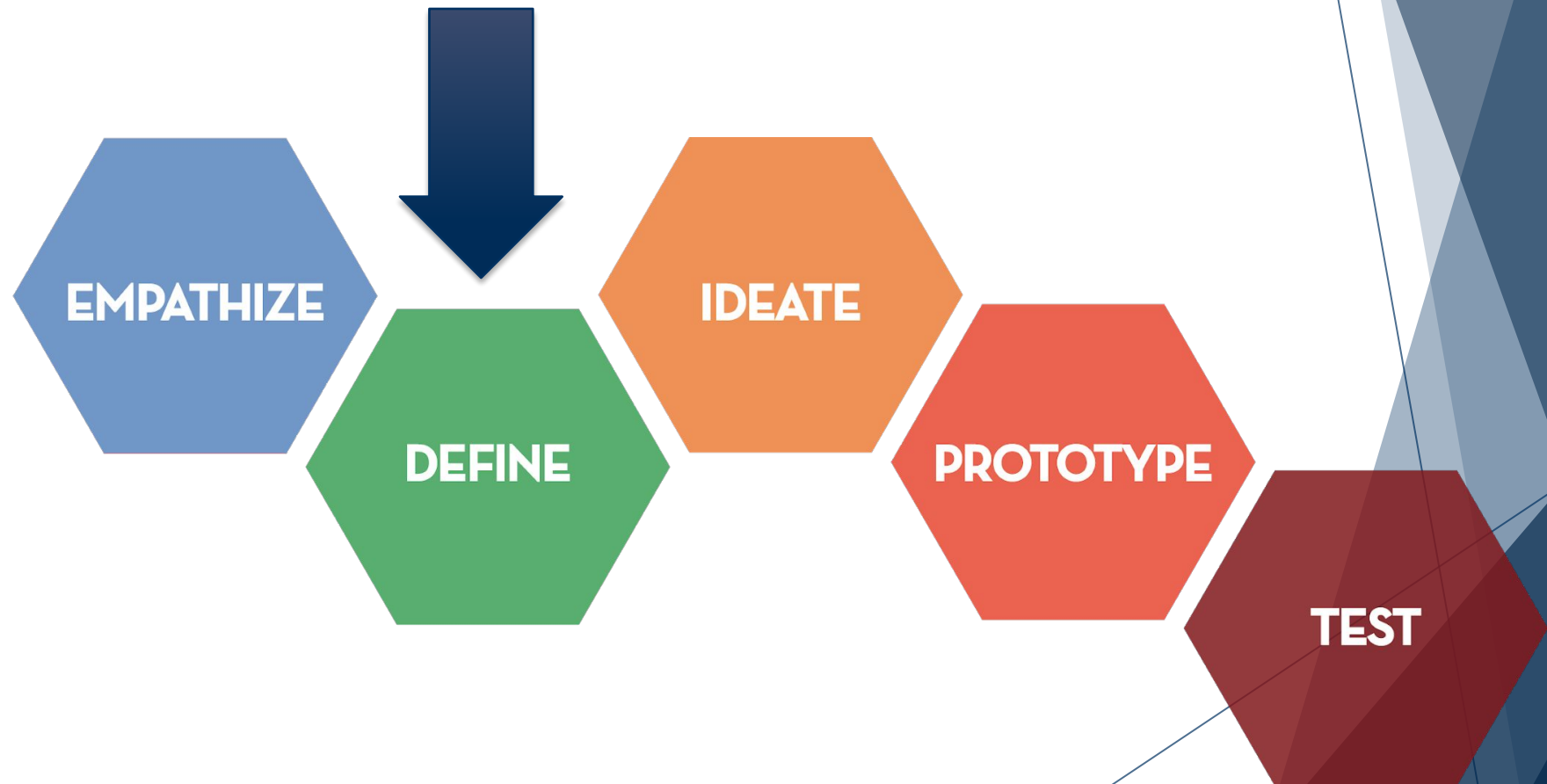


Idea#1 Creating Your Compass



Connecting the dots – increases meaning-making

Idea#2 Reframing to Get Unstuck

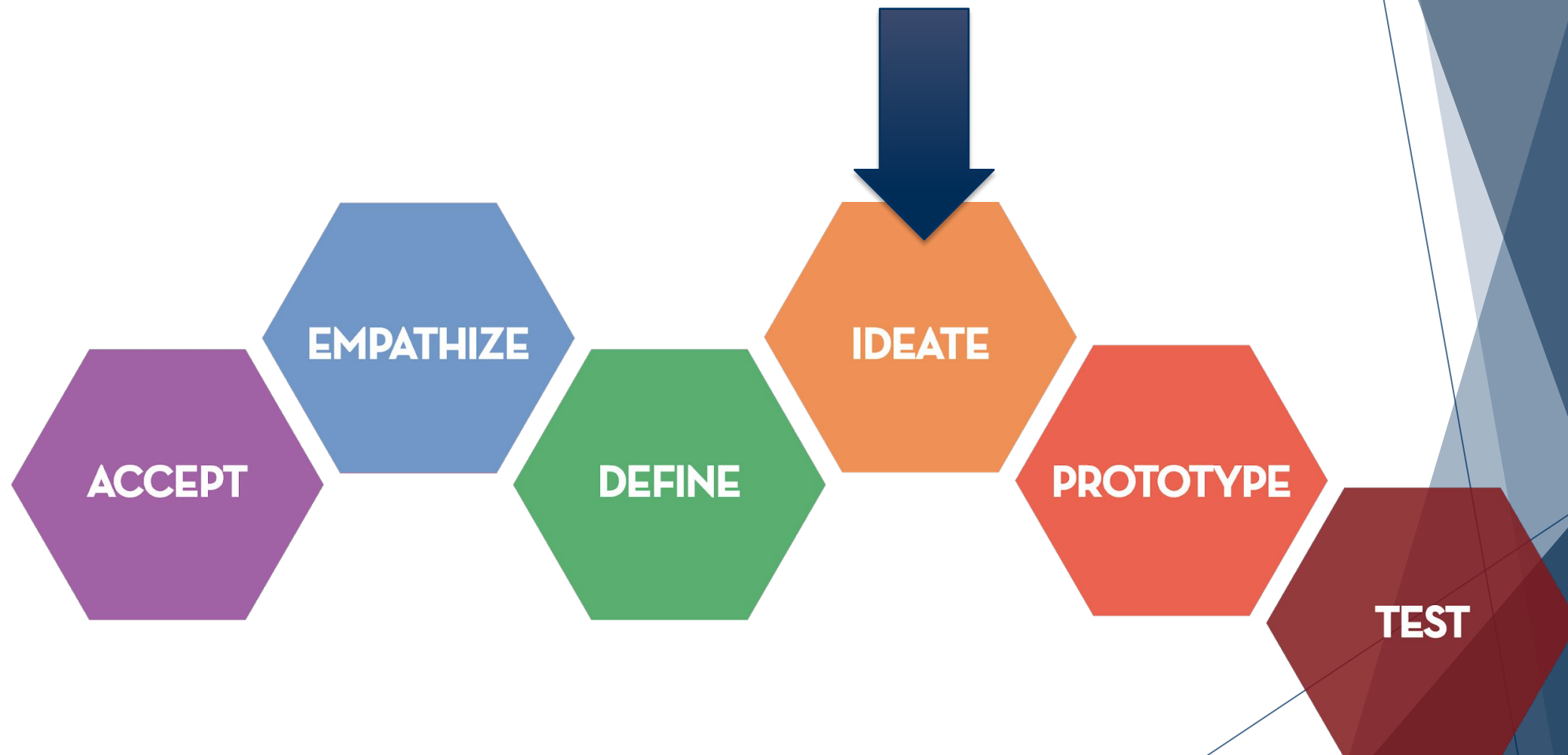


Idea #2 Reframing to get unstuck

Mindset and Tool



Idea #3: The Power of Multiple Ideas



Idea #3: The Power of Multiple Ideas



Idea #3: The Power of Multiple Ideas

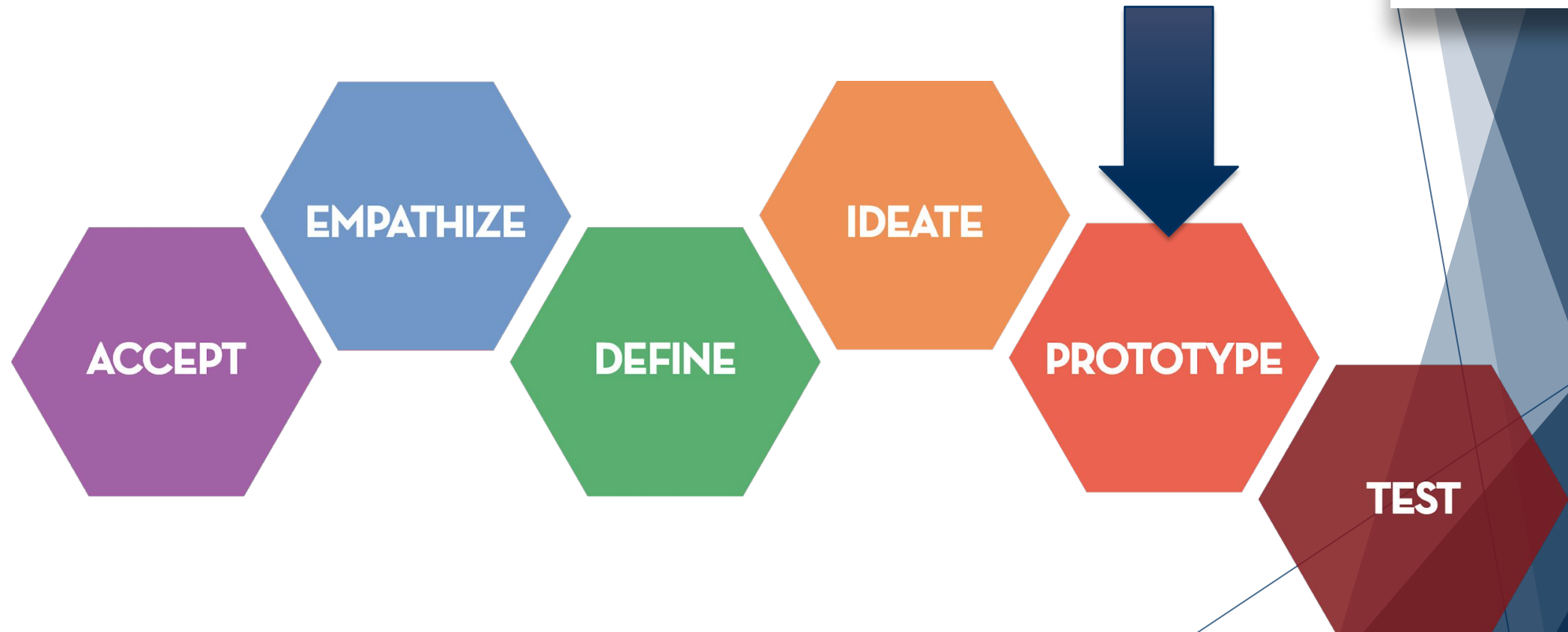
3 Unique 5 Year Odyssey Plans

Life #1:
The story you tell
today

Life #2:
What if life #1
was gone?

Life #3:
Wildcard
What if \$ or
image were no
object?

Once you have some ideas,
it's time to...



Idea #4: Prototyping

PROTOTYPE TO:

- reduce risk
- ask interesting questions
- expose assumptions
- involve others with your ideas
- sneak up on the future.



Life Design Prototypes

- prototype conversation
- prototype experience



Four Big Design Thinking Ideas

- Build your compass
- Reframe to get Unstuck
- Ideate Multiple Alternatives
- Prototype

HOW
CAN
WE BE

MORE
MORE
MORE

passionate
STEM-capable
connected
kale-loving
huma
innovative
world-changing
n
g
dazzling

You can do this!

Get curious

Talk to people

Try things

