

*Introducing the Official Globally Celebrated
Two-Day Transformative Program*

DESIGNING YOUR LIFE

A proven framework
for intentional change

Born at Stanford University
and Offered Worldwide.

Bangalore: 21st-22nd Sep

Mumbai: 5th-6th Oct

Delhi: 9th-10th Nov

Register

DESIGNING
YOUR LIFE

Certified DYL
Workshop
Provider



Are You...?

Confused about career choices and seeking to find work you love?

Early-Career

Stuck and want to make a change?

Feeling unfulfilled and seeking to build a portfolio of identities and in life despite doing well?

Mid-Career

Are you looking for a meaning and purpose in Life?

Late-Career

An encore, a second chance at new beginnings?

Then Look No Further Presenting the "Designing Your Life" Framework!

DYL is a framework where the innovation principles of Design Thinking are applied to the problems of life and work.

DYL is not a 'solution' to change your life but instead, an invitation to change the way you move forward with...

A Life Not By Default, But By Design.



"Want to find fulfilment at last? Think like a designer" (The New York Times)

"Designing Your Life" was born at Stanford University.

The process and courses have been developed by Stanford professors **Bill Burnett** and **Dave Evans** after extensive research at the **Life Design Lab (d.life)** at Stanford University.

Bill Burnett is the Executive Director of the Design Program at Stanford.

Dave Evans is a lecturer for the Design Program at Stanford. Having an extensive experience of 30 years in management consulting, he co-founded Electronic Arts.



Bill Burnett



Dave Evans



"Stanford's Most Popular Class Isn't Computer Science—It's Something Much More Important"

"[DYL] offered participants a values-based compass of their own design, and tools to navigate life's toughest decisions."

FAST COMPANY

"[DYL] has become one of the most popular electives at [Stanford]. The method has been the subject of two PhD theses and has demonstrated significant results in helping people design the life they want."

Forbes

"Don't worry about finding your 'passion.' Think like a designer: Try out quick prototypes of multiple ideas to learn what actually makes you happy."

THE WALL STREET JOURNAL.

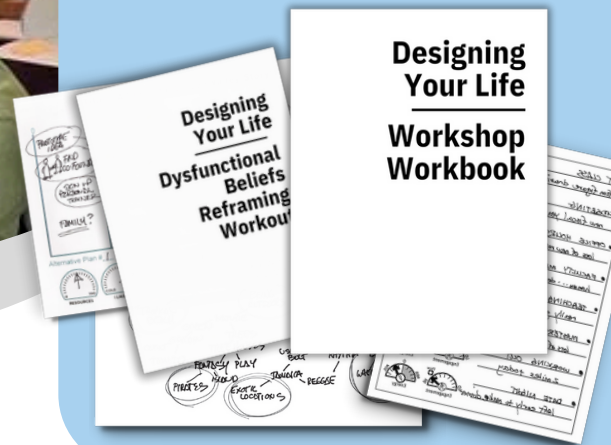
Watch this video to learn more!

WILLIAM BURNETT & DAVID J. EVANS
DESIGNING YOUR LIFE
HOW TO BUILD A WELL-LIVED, JOYFUL LIFE

An Experience that Will Transform Your Life!



The Program will use official Courseware designed by DYL Consulting USA



Leave With...

- Inculcate a bias to awareness and build a personal compass through reflection on your “Life-view and Work-view” and social narratives.
.....
- “Reframe” your Limiting/Dysfunctional Beliefs
.....
- Envision your Three Possible Future Chapters in life with "Odyssey Plans"
.....
- Your Designer's Action Plan with Actionable Next Steps
.....
- A Toolbox, Templates and Methods You Can Use All Your Life!
.....
- A new mindset with creative problem solving and and a bias to action

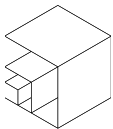
The "Designing Your Life" Journey

Pre-Work Requirement

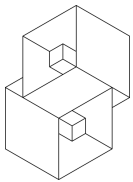
Participants are required to complete pre-work (with an estimated 4 hours of completion time) prior to attending the workshop. This is a mandatory requirement.

*Duration of each day is 8 hours

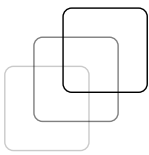
DAY ONE



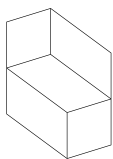
Module 1:
Intro to the Design Thinking Mindset & Framework



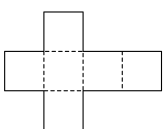
Module 2:
Meaning Making: Building Your Compass and Coherence



Module 3:
Getting Unstuck: Problem Framing & Reframing

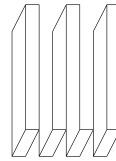


Module 4:
Designing Your Energy & Exercising Intentionality

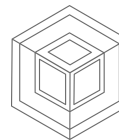


Module 5:
Flow & Flourishing with Positive Psychology

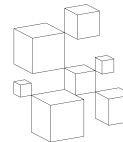
DAY TWO



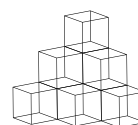
Module 6:
Designing Your Multiple Futures



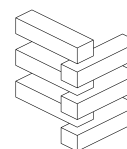
Module 7:
Storytelling to Define "What's Your Story?"



Module 8:
Ideation by Unleashing Your Creative Confidence



Module 9:
Networking & Prototyping Your Futures



Module 10:
Building Your "Designer's Action Plan"

Post-Workshop Journey

Post-workshop Online Check-ins: Continue your journey with two check-in sessions (at a monthly interval) with your coach and a vibrant community to further reflect, build, action, and implement your life designs from the workshop.

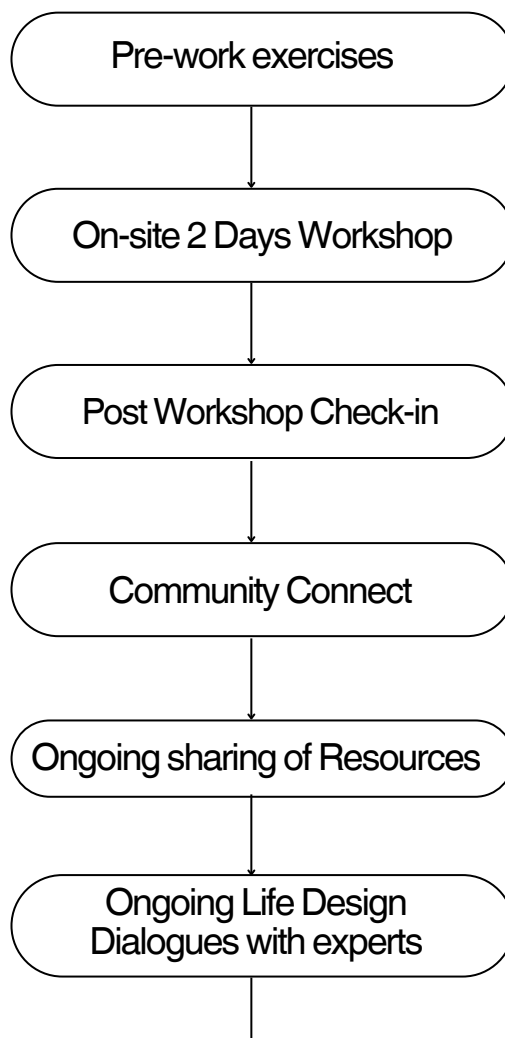
Ongoing Coaching: Participants desirous of working with a Coach will be assigned senior Coaches to help action the journey, make the necessary personal changes and hold the participant accountable.

Contact us for details on the Coaches and the post-workshop Coaching Journey.



Save the Date! Block Your Seat. Let's Start From Where You Are At.

- **Bangalore**
21st-22nd September, 2024
Venue: Hilton Bangalore Embassy GolfLinks
- **Mumbai**
5th-6th October, 2024
Venue: JW Marriott Mumbai Sahar
- **New Delhi**
9th-10th November, 2024
Venue: Le Méridien New Delhi



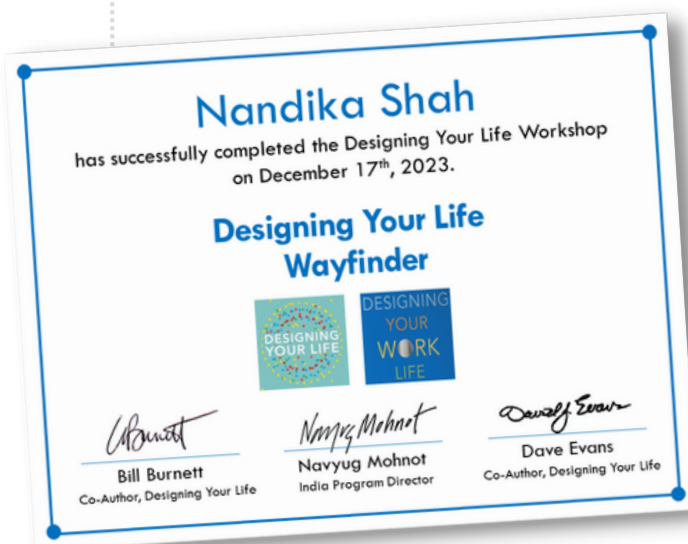
India Program Fee:
Rs. 25,000+GST

Early Bird Offer:
Rs. 22,000 + GST

Offer valid till:

September 8th for Bangalore
September 15th for Mumbai
October 20th for New Delhi

[Register](#)



Begin Designing Your Life with Navyug Mohnot



DESIGNING
YOUR LIFE
CERTIFIED
FACILITATOR

**Stanford-trained “Designing Your Life”
Coach, Facilitator, and Educator for Universities**

Harvard-Certified Leadership Coach

Visting Faculty, Ashoka University

Visting Faculty, IIT Jodhpur

CEO, QAI Global

Founder & CEO, QGLUE

Navyug Mohnot is the CEO of QAI, a trans-national Process Improvement consulting organization, and the Founder & CEO of QGLUE, a consulting, coaching, and training company helping enterprises and individuals to adopt and embrace the ‘design-led way’ to foster innovation and success.

Navyug is a Stanford-trained “Designing Your Life” (DYL) Coach, Facilitator, and Educator for Universities, and brought the renowned program to India for the first time as Visiting Faculty at Ashoka University. He is also a Harvard-certified Leadership Coach, and has spoken at several conferences worldwide, including a TEDx talk on “Manifesting Desires and Embracing Contradictions.”

Navyug did his B.Tech from IIT Delhi and is the recipient of the “Outstanding Contribution to National Development” award from the IIT Delhi Alumni Association. He pursued a Fellowship for a Ph.D. program in the USA and dropped out to pursue his dream of coming back to contribute to the globalization of the then-nascent Indian IT Industry.

Serving on the Boards of several companies, Navyug has supported promising startups as an angel investor, and is actively involved with TiE and NASSCOM, having co-chaired TiECon 2015, Asia’s largest gathering of entrepreneurs. With over 35 years of ‘coaching’ experience, he has mentored countless individuals to invent their own success stories.

He also runs a film club, is an avid meditator, and aspires to direct a full-length film someday.

“Really appreciate the facilitation from Navjug, your depth of topic and knowledge is great. Your presence and facilitation is fab !”

Parineeta Lakra
Country People & Culture
Manager, IKEA India

“A thought provoking, action driven, and exciting program that changes your lifeview & worldview. Very, very actionable and truly impressive. Navyug Sir’s pure energy made the session even more enjoyable.”

Divya Raturi
Co-Founder & CEO, theIAShub

“Excellent. Credible trainer, who came with great experience. Good quality presentations and materials”

Anubhooti Arora
Director, Office of International Affairs
Ahmedabad University

What our participants have to say!

“ I'm so excited that I've barely been able to sleep. Can't wait to be back and learn more. Thank you for this spark!! This is exactly what I've been looking for...

Preeti Agarwal Mehta, Writer and Creative Consultant

“ Enriching, rewarding, empowering and a million other adjectives...

Lakshmi Budanoor Shivarama, Harvard-educated Teacher & Co-Founder, Parthana World School

“ In just 2 days, the Program empowered me with mindful tools to actually practice when I feel stuck, confused, anxious, and helped me gain control again...

Anshulika Dubey, Media & Tech Entrepreneur | Forbes 30 Under 30

“ The program design and delivery is state of the art, cutting edge...Thank you for sharing years of dedication, passion and journeying through life and your success formula with us.

Vandana Nayar, Organizational Development Lead, Oracle

“ It is a brilliant session—we created three rich variants of our life by the end of the workshop.

Shankar Venugopal, Vice President, Mahindra & Mahindra

“ Big shoutout to Navyug Mohnot and his team for enabling us to be the architects of our many lives...Thinking about taking the plunge? Do it! It's an investment in your best self and worth your time and money.”

Swati Saini, Apps, Performance & Growth, Google

Learn more about
Preeti's DYL Journey!





When we design something, and act, we change the future.

Welcome to the first day of the rest of your life.

www.yourlife.design

Register

QGLUE
A QAI Promoted Venture

DESIGNING YOUR LIFE

Certified DYL
Workshop Provider

Follow us on



[designing.yourlife](https://www.instagram.com/designing.yourlife)

Write to us at



lifedesign@q-glue.com

Reach us at



+91 8851 603438

SHARING & CONFIDENTIALITY

During the course of the workshop, participants are required to share amongst their groups in a safe space and strict confidentiality is to be maintained from all parties present.

PREREQUISITES

The workshop does not have any prerequisites and participants are not required to have any prior understanding of Design Thinking or Life Design.

DISCLAIMERS

*No form of recording or taping of the session is permitted due to copyright.

*This workshop is not therapy and/or executive coaching and therefore does not claim to be a replacement for either.