

A Transformative One-Day Program

# Designing Your Life

for *Women*

**A life designed  
by you, for you.**



Based on the “*Designing Your Life*” Framework  
Engineered by Stanford University Professors

**Register**

**Bangalore**

26th July, 2025

**Mumbai**

9th August, 2025

**Pune**

20th September, 2025



**QGLUE**

The Only Certified DYL Workshop Provider In India

# Live a life not by default, but by design.

## Are you...

A woman navigating life, work, family,  
and everything in between...



A woman who wants 'more' but doesn't know  
what 'more' looks like....



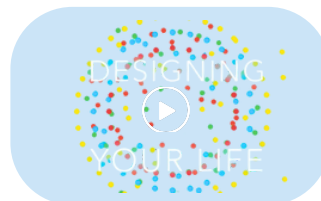
A woman who wants to get more in tune with  
what you are now...



...then Stanford's "Designing Your Life" framework can help  
you design your best life!

You've carried so much.  
Let this be the beginning of  
something that carries **you**.

Watch the video to learn  
more about the DYL  
Framework



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# In the workshop you will:

- Redefine your authentic self.
- Get unstuck from limiting beliefs.
- Design exciting future possibilities as your "Odyssey Plans".
- Create a designer's action plan with actionable next steps
- Get a toolbox of templates and methods you can use all your life!

## Program Journey

Pre-work  
Exercises

1 - day  
Program

Monthly  
Check-ins

Community  
Connect

Ongoing Sharing  
of Resources

## Meet Your Facilitators!



 **Dr. Manjusri Nair**

"Designing Your Life" Certified Facilitator  
Surgeon, Educator, Mentor, a published  
author, poet and a mother.



 **Shalini Raghunathan**

"Designing Your Life" Certified Facilitator  
Co-founder, 3 Big Things, Designer  
(People-centric research, Behavioural  
Design, Storytelling)

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# Programme Overview

## MODULES

01 Introduction to Design Thinking and Life Design Framework	05 Designing the Art and Craft of Your Work
02 Building Your Compass Towards Your True North	06 Designing Multiple Futures
03 Getting Unstuck: Reframing Limiting Beliefs	07 Prototyping Your Futures
04 Thriving and Flourishing Intentionally	

**Save the Date! Block Your Seat.**  
Towards a life you love.

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26th July, 2025  
Venue: TBD

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Pricing (Per Individual)  
The Participation Fee in the USA is \$950

**India Program Fee: Rs. 15,000 + GST**

**Early Bird Offer: 12,500 + GST**

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

[www.yourlife.design](http://www.yourlife.design)



[designing.yourlife](https://designing.yourlife)



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A QAI Promoted Venture



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