



Designing Your Life

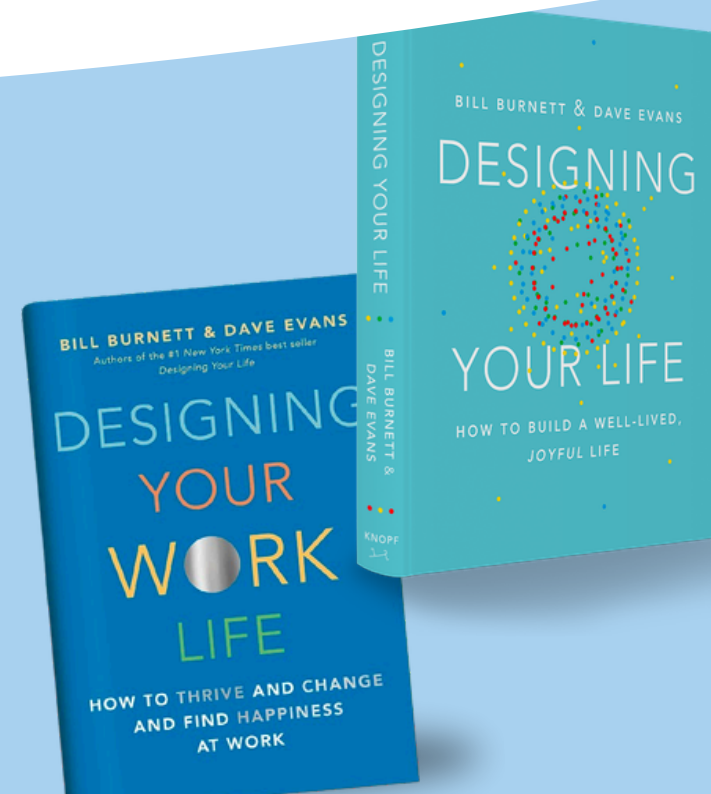
for Women

A Safe Space for Women
to Design Their Journeys.

The Framework Engineered at **Stanford University**

**Brought to you under license
for the first time in India.**

The Designing Your Life methodology, created by Stanford professors Bill Burnett and Dave Evans, applies design principles to life and career planning. Originating from Stanford's Design Program, this globally acclaimed framework helps individuals approach challenges with creativity and purpose.



[Watch this video to learn more!](#)





An Invitation.

“Too often, life unfolds as a series of expectations, shaped by the roles we step into, responsibilities we carry and narratives we inherit without always choosing.

This programme invites you to create a life that is aligned, energising, and truly your own.”

Navyug Mohnot

Stanford Life Design Coach, Educator and Certified Facilitator.

Visit faculty, Indian School of Business; Ashoka University.

Are You a Woman Who is...

- Balancing multiple roles and expectations.

- Wanting to align success with meaning and wellbeing.

- Curious about “what else is possible”.

- At a career or life crossroads.

Well, We have the Framework,
the Tools, the Community and
the Platform.



Whether you're returning,
restarting or simply
reimagining, this is your
space to get curious,
reconnect with your core,
and design a life that
honours the woman you
are today.



The Outcomes

Redefine your authentic self.

Get unstuck from limiting beliefs.

Design three exciting future possibilities.

Create a designer's action plan with actionable next steps.

Get a toolbox of templates and methods you can use all your life!



The Programme Flow

1

Get thinking like a designer with Design Thinking

2

Build your compass with your values and theory of Life & Work

3

Let go of old stories and social narratives. Take control of the narrative, on your terms.

4

Get unstuck by “Reframing” limiting beliefs

5

Think of “Work-Life” Balance like you have never before

6

Imagine possibilities and multiple exciting futures

7

Come up with ideas, ideas, ideas to bring to the real world



“ The workshop has left me feeling charged, aligned and empowered.
Mansi Shrirang



“ The reframing exercise gave me a fresh lens and a clear direction in life.
Shivani Askulkar



“ Having to hear perspectives from other wonderful career driven women around me gave much more clarity about where i am at.

Kousalya Indravasan

“ Enriching, rewarding and a million other adjectives

Lakshmi Shivarama



“ Our collective experiences were mirrored in each other, it is so easy to open up when it's just women.

Mahima Kohli



Let's have a conversation!



www.yourlife.design

anjali.gupta@q-glue.com