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Are You...?

At a crossroads?

Wondering "what next?" in your career, work or life?

Feeling stuck?

Wanting something different, but not sure what that could be?

Rethinking your path?

Successful by every outside measure, yet still feeling restless, bored, or unfulfilled?

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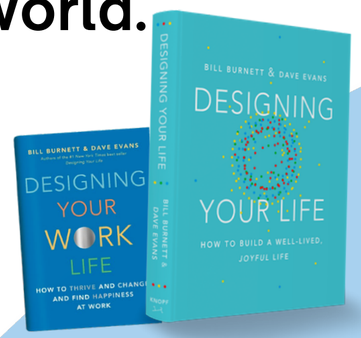
WHAT IS THE “LIFE DESIGN” FRAMEWORK?

Born at Stanford University. Taught across the world.

A design lens, applied to your own life.

- Designers don't start with the answer. They get curious, reframe the problem, talk to people already living it, and build small before they commit.
- Life Design uses design thinking to explore, test and build possible ways forward.

Know the method. Trust the Process.
Grounded in design thinking, behavioural science and positive psychology. Evidence-based and validated.





Bill Burnett and Dave Evans built Designing Your Life as a course at Stanford. It became a **#1 New York Times bestseller** and is now taught in universities worldwide.

2007
Founded at Stanford’s Life Design Lab

2,000+
educators trained, from 500+ institutions

1M+
students reached worldwide

Programs
in India, USA, Netherlands, Italy & Singapore

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An Invitation.

"Design starts with a question most of us never asked: what do you actually want?

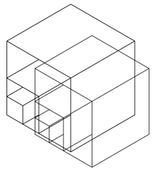
This programme puts that question first, and gives you the lens of design to answer it, so the life you build feels true, alive, and entirely yours."

Navyug Mohnot

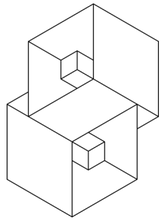
Stanford-trained Designing Your Life Educator, Coach and Facilitator
Visiting faculty at **Indian School of Business**, **Ashoka University**
Harvard-trained Leadership Coach with over 35 years of experience.
CEO of QAI and the Founder & CEO of QGLUE.

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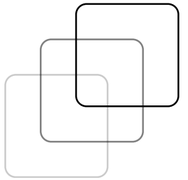
The Curriculum



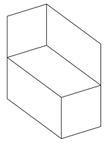
1 Intro to the Design Thinking Mindset & Framework



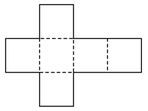
2 Meaning Making: Building Your Compass and Coherence



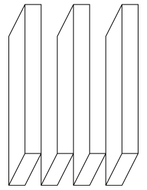
3 Getting Unstuck: Problem Framing & Reframing



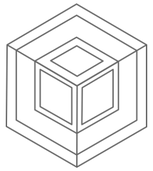
4 Designing Your Energy & Exercising Intentionality



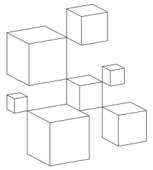
5 Flow & Flourishing with Positive Psychology



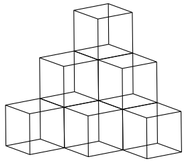
6 Ideation by Unleashing Your Creative Confidence



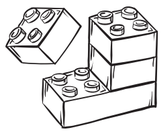
7 Designing Your Luck



8 Designing Your Multiple Futures



9 Prototyping Your Futures



10 Building your “Designer’s Action Plan”

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The Shift

From a single path forward
To a portfolio of identities and possibilities

From the beliefs that keep you stuck
To the clarity to move forward

From waiting for the right answer
To holding multiple possible futures

From reacting to life as it happens
To designing it with intention

You Leave With

A personal compass: What you value, and what you actually believe about work.

Your limiting beliefs, rewritten: The stories holding you back, named and reframed.

Three Odyssey Plans: Three fully mapped versions of your future self.

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"The program empowered me with mindful tools to actually practice when I feel stuck, and helped me gain control again."

Anshulika Dubey,
Media & Tech Entrepreneur
Forbes 30 Under 30



"I hope I can take action on this & utilize it to 'start from here' and move ahead on my journey.

Pallavi Raisurana,
Dancer



"Embracing my vulnerability made it surprisingly easy to let go of anxiety and cultivate love for myself and others.

Amrita Rattan,
Head of Corporate Connect, Akemi Business School

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> To see your potential, your foibles and your current station more clearly. In short a great communication with self!

Pallav Shishodia
Lawyer

> Big shoutout to Navyug for enabling us to be the architects of our many lives.

Swati Saini,
Apps, Performance & Growth, Google

> Excellent. Loved it.

Hariharan Iyer
Managing Director, Ephicacy Life Sciences Ltd.



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Save the Date!
Block Your Seat.

New Delhi

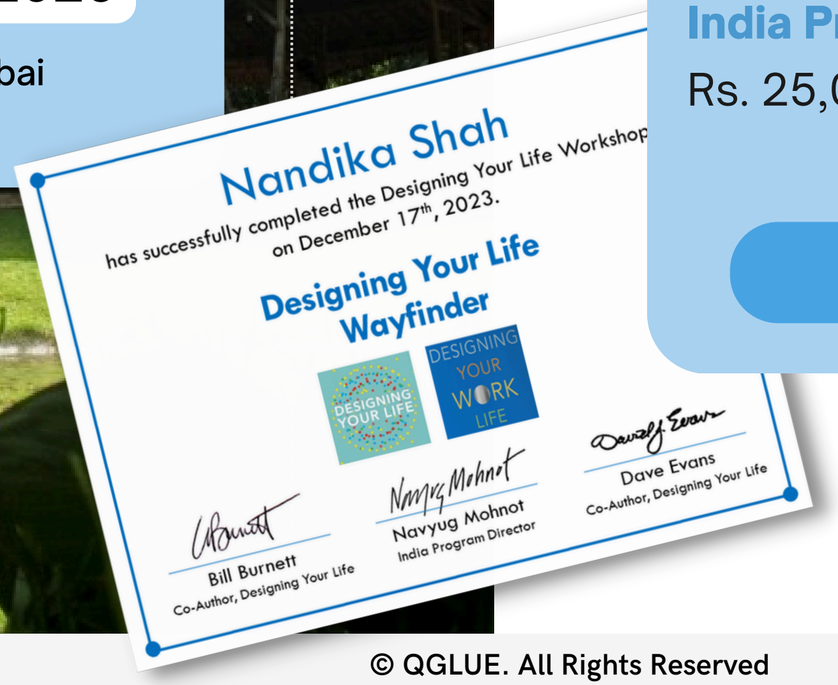
24th Oct - 25th Oct, 2026

Venue: Zorba The Buddha - New Delhi

Mumbai

28th Nov - 29th Nov, 2026

Venue: Hilton Garden Inn Mumbai International Airport



Super Early Bird Offer:

Rs 20,500 + GST

(Offer till-
New Delhi: Sep 26th
Mumbai: Oct 31st)

Early Bird Offer: Rs 22,500 + GST

(Offer till-
New Delhi: Oct 10th
Mumbai: Nov 14th)

India Program Fee:

Rs. 25,000+GST

Register



Pre-work exercises

↓

On-site 2 Days Workshop

↓

Post Workshop Check-in

Also includes

- Community Connect
- Ongoing Life Design Dialogues with experts
- Ongoing sharing of Resources

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QGLUE

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



Let's talk. Find us at:

DESIGNING YOUR LIFE

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