
DESIGNING YOUR LIFE
Certified DYL Workshop Provider
Born at
Stanford University
Offered worldwide.
A Two-Day Transformative Program
Designing Your Life
A life not by default, but by design.
Delhi: 24th - 25th Oct, 2026
Mumbai: 28th - 29th Nov, 2026
www.yourlife.design
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Wherever you are in your story, let’s build from there.

You want to turn the page. **Let’s design the next chapter.**

You’ve lived by the script. **Now let’s write your own story.**

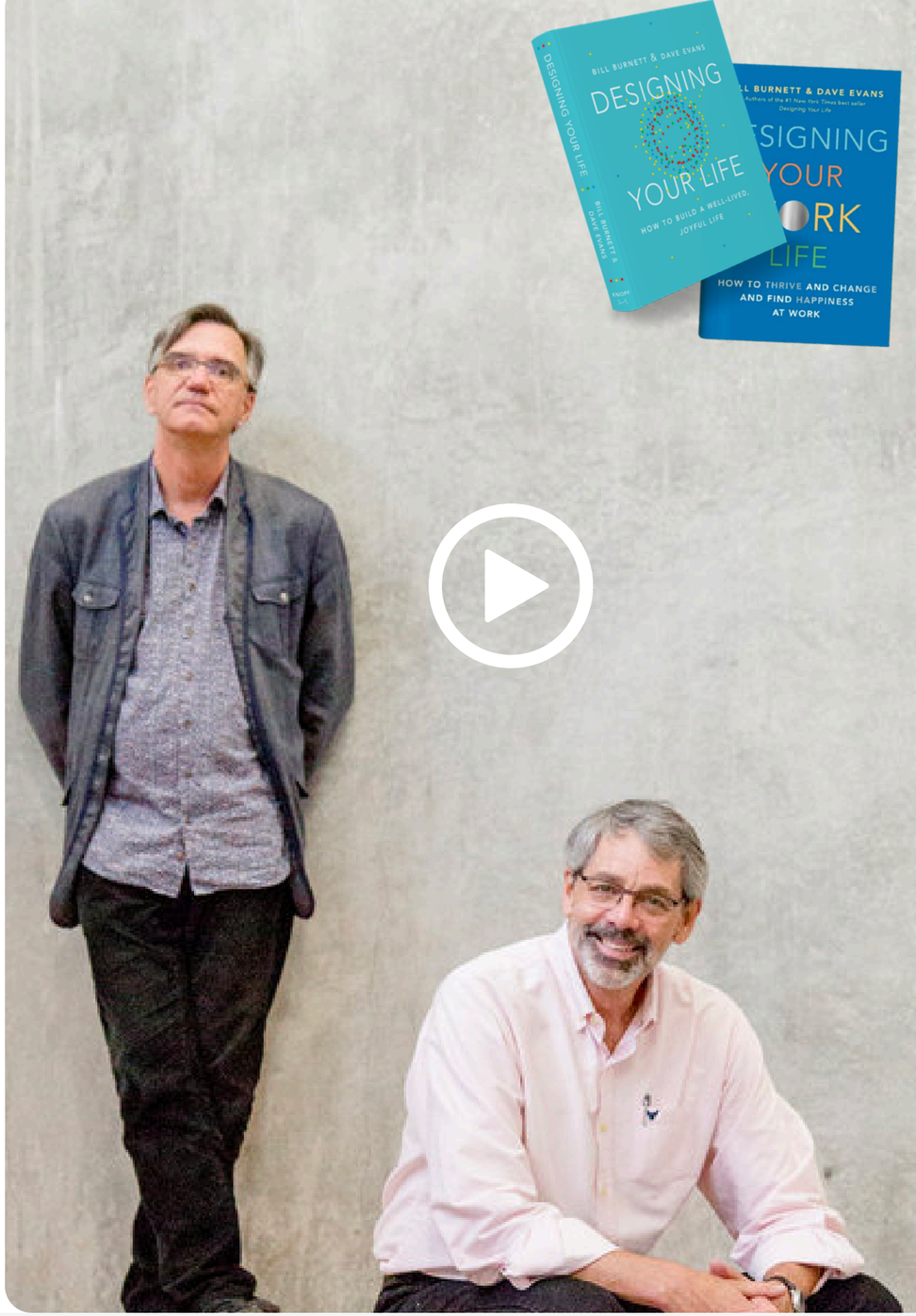
You’ve mastered your craft. **Now let’s explore your calling.**

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Born at Stanford. Taught at Stanford. Shared with the world.

A framework.
A mindset.
A set of tools.

Tried.
Tested.
Proven.



For over 2 decades.

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An Invitation.

"Too often, we treat life as a plan to follow. But every life holds possibility: more than one version of you worth exploring, testing and building."

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.

Visiting faculty, Indian School of Business; Ashoka University.

Harvard Trained Leadership Coach

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Programme Outcomes

From limited possibilities → **To** a portfolio of identities and possibilities

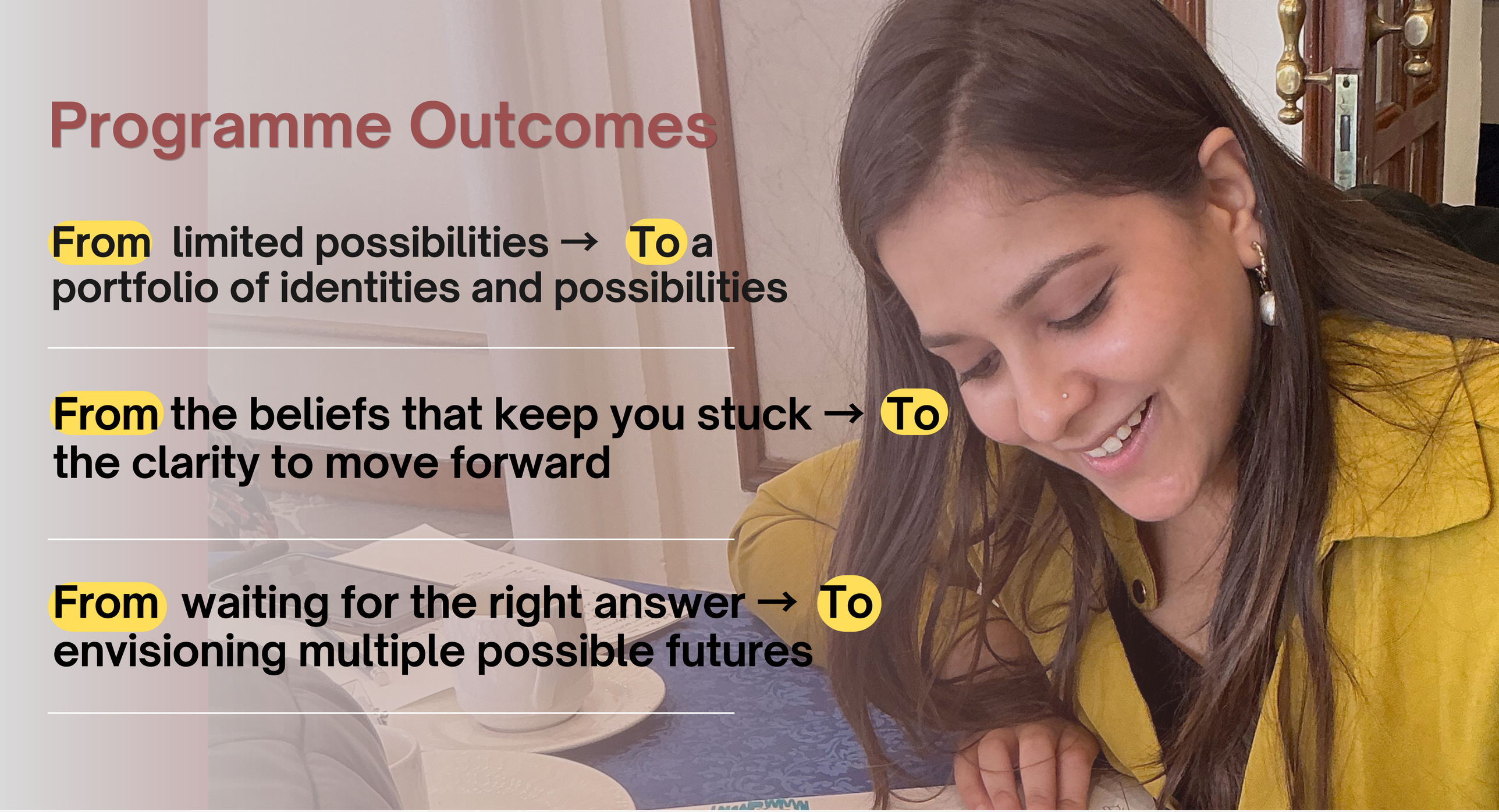
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From the beliefs that keep you stuck → **To** the clarity to move forward

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From waiting for the right answer → **To** envisioning multiple possible futures

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Leave With

Your personal compass, for “wayfinding”.

Your limiting beliefs, rewritten.

Your three possible Futures.

Your Designer's Action Plan + Toolkit.



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Save the Date! Block Your Seat.

New Delhi

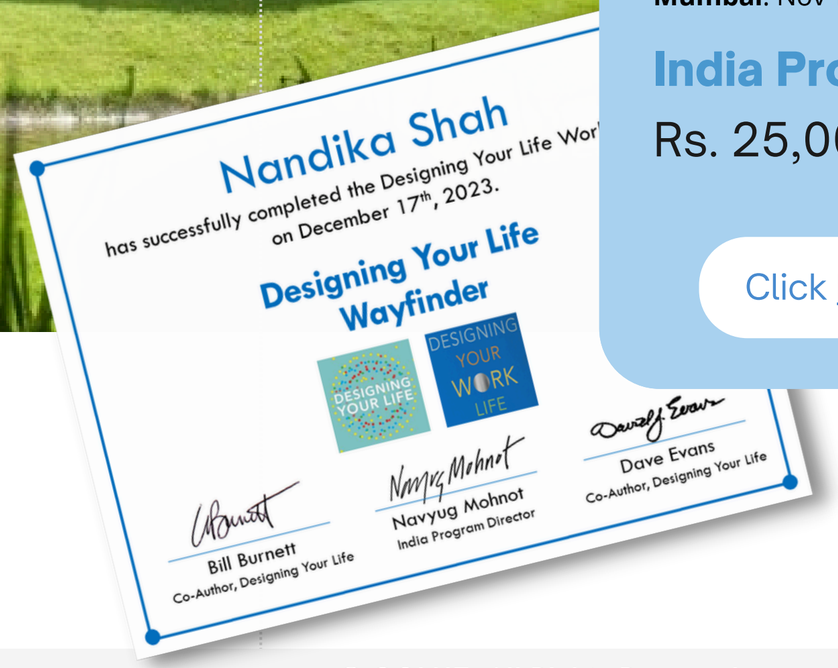
24th Oct - 25th Oct, 2026

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

Click Here to Register



Pre-work exercises

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On-site 2 Days Workshop

↓

Post Workshop Check-in

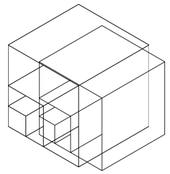
Also includes

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

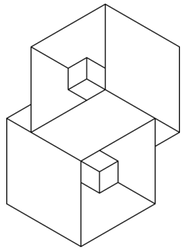
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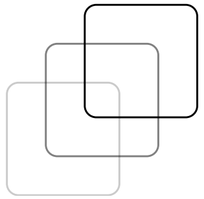
The Curriculum



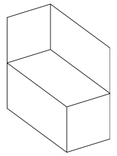
Module 1:
Intro to the Design Thinking Mindset & Framework



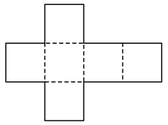
Module 2:
Meaning Making: Building Your Compass and Coherence



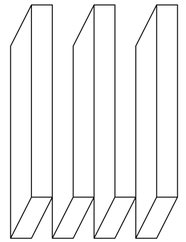
Module 3:
Getting Unstuck: Problem Framing & Reframing



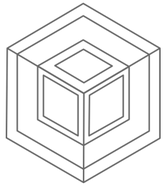
Module 4:
Designing Your Energy & Exercising Intentionality



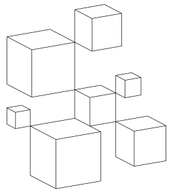
Module 5:
Flow & Flourishing with Positive Psychology



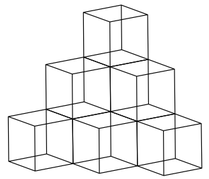
Module 6:
Designing Your Multiple Futures



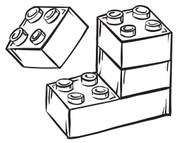
Module 7:
Storytelling to Define "What's Your Story?"



Module 8:
Ideation by Unleashing Your Creative Confidence

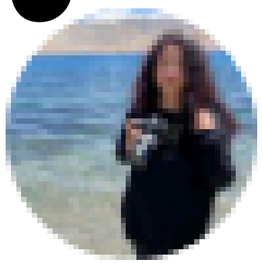


Module 9:
Networking & Prototyping Your Futures



Module 10:
Building your “Designer’s Action Plan”

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Jesleen Lalmuanawmi • 2nd
Centre of Excellence for Leadership
Aug 19 •

The session that changed my life 💗

Gratitude **Navyug Mohnot**



Jesleen Lalmuanawmi,
Lead, Centre of Excellence For Leadership,
India Leaders for Social Sector (ILSS)



“ The program empowered me with mindful tools to actually practice when I feel stuck.

Anshulika Dubey,
Media & Tech Entrepreneur
Forbes 30 Under 30



“ Allowed me to delve deeper into my truly dysfunctional beliefs. Also, helped me bravely lean in to possibilities.

Monica Pillai,
Head of People Operations,
Obvious



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



Click here to Register

Let's talk. Find us at:

DESIGNING YOUR LIFE

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