

# DESIGN YOUR LIFE!



## Life Design for PhD Students

**Title:** Design your life: Find a career path that makes you happy!

**Date:** Spring 2019 (tbd.)

**Location:** BIGSSS, Universität Bremen / Jacobs University

**Duration:** 8h Workshop (+ preparatory task)

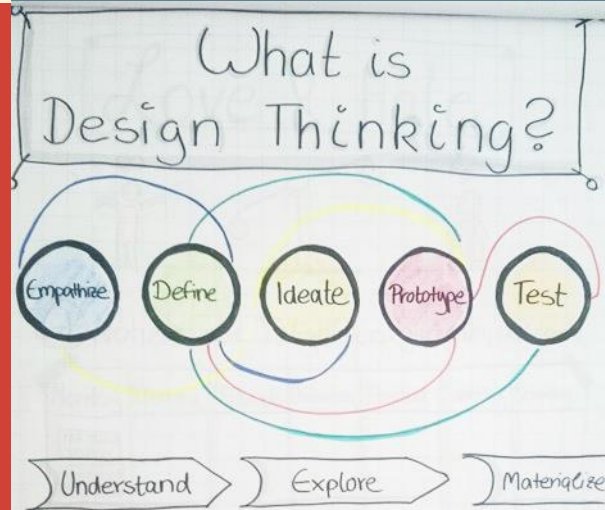
**No. of participants:** 10-25

**Goal of the workshop:** The workshop is intended for doctoral candidates who are in the process of career orientation. During the workshop participants have the possibility to develop a (new) career perspective and hands-on strategies for their own career orientation process. The goal is to identify a career path that caters to their career-related values, skills and needs.

## Design Thinking & Life Design

Design Thinking is a creative and solution-oriented approach to problem-solving. In an iterative process design thinkers develop a deep understanding of the situation of an individual / a group, challenge and redefine existing assumptions and identify a number of strategies ("prototypes") to find solutions to the question at hand.

The method of Design Thinking was first applied to the field of career orientation by Koetter/Kursawe at the School of Design Thinking in Potsdam and by Burtt/Evans at Stanford University. Participants of Life Design™ - workshops have the possibility to apply the methods of design thinking to their career orientation process.



**Preparation for the Workshop:** Two weeks prior to the event, participants receive a self-reflection task to prepare for the workshop.

## Day of the Workshop:

- **Introduction:** The workshop starts with an introduction to Design Thinking and its application to the career orientation process.
- **Empathize:** In the second part, participants analyze their professional status quo, their career-related values, interests and skills.
- **Ideation:** In a joint co-creation process, participants develop new ideas for their future career.
- **Prototyping:** In the last part of the day, participants develop concrete strategies to explore, test and implement new career ideas.

## Trainers:

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