

Do you feel stuck or anxious about the future? Do you feel like you should know what you want to do with your life, but you aren't sure which direction to head?

The Armstrong Center for Alumni Career Services (ACS) is here to help. Our Life Design Workshop taps into that big question “What should I do with my life?”

Perhaps you're considering a big career shift, a return to work after hiatus or maybe launching an encore or “second act” career. This workshop introduces and applies design thinking concepts from the book *Designing Your Life* and helps you tap into your unique answer for living a rich and meaningful life. Meeting in small peer groups of Darden alumni, we'll guide you through a series of exercises and deep discussion around your motivations and goals. You'll learn how to make real progress toward big change.

Approach: The online Life Design Lab is facilitated by long-time ACS Career Coach Marty Speight (MBA '96). Participants must **commit to attend all three meetings** within the session, complete pre-work for each meeting and come prepared to listen intently and share openly.

Outcomes: Participants will learn and practice design-thinking mindsets, complete a series of fun and revealing exercises and take away a personal Odyssey Plan to guide future steps.

Logistics: The cohort meets three times via ZOOM Conference over a six-week period. Please double check your schedule before committing—perfect attendance is essential!

We're happy to add you to the waitlist if you'd like so you'll receive advance notification of our next cohort dates.