

Designing Your Work Life



November 29 & 30 2025

Weekend workshop



Saturday: 9:00 - 17:30
Sunday: 9:00 - 17:30



Equals, Raamgracht 6,
1011 KK Amsterdam

Transforming Lives, Empowering Change

The **Designing Your Work Life (DYL)** workshop goes beyond career planning and daily routines. It's about gaining clarity on who you are, where you want to go, and how to get there.

Born at Stanford University, through the initiative of Professors Burnett and Evans, Designing Your Life quickly became the university's most popular elective. Adopted by Harvard, MIT, Yale, and many other prestigious universities, the method has since helped thousands of people chart richer, more fulfilling careers and lives.

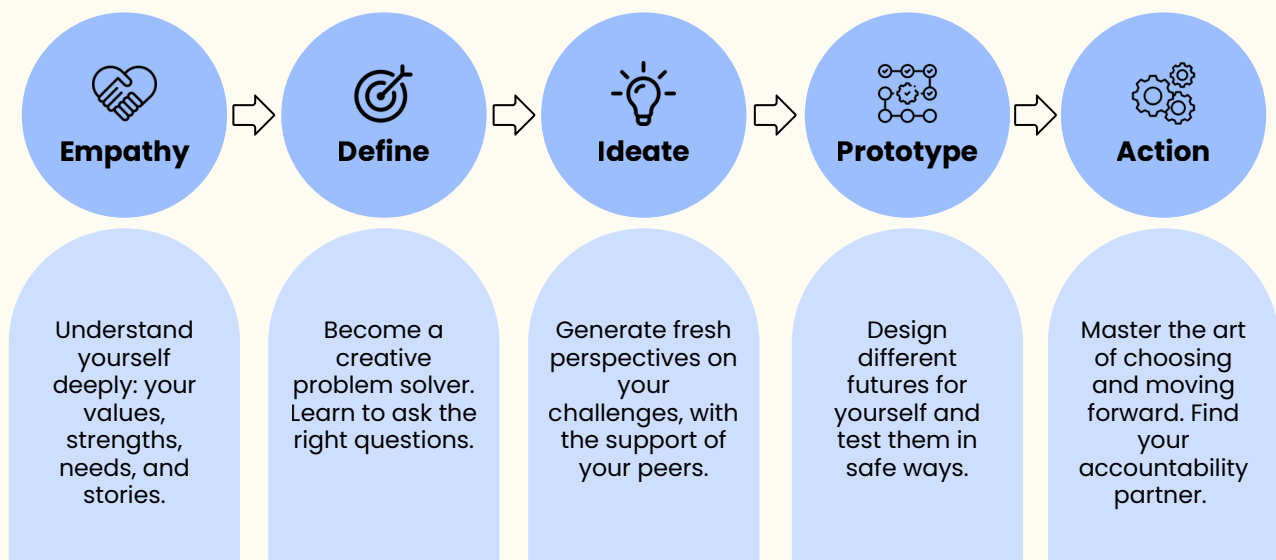


What you'll experience

The sessions will give you the tools you need to (re)design and take charge of your work life using the following methods:

- **Design Thinking for Careers:** Engage in interactive sessions and exercises focused on applying design thinking to your professional journey, work identity, and career choices.
- **Key DYWL Modules:**
 - Design your perfect job
 - Understand your impact & drive change
 - Practice your ask (with role play)
 - Envision different jobs and scenarios for yourself
 - Translate insights into concrete next steps
- **Practical tools for career transitions:** Navigate change with clarity, articulate your professional goals, and boost your creative confidence.

Join and redesign your future with intention. [Learn more!](#)



What you will walk away with:

The workshop will help you feel more confident taking the next steps along your career path by giving you:

- A clearer vision of what you need to move forward with future job possibilities
- Practical design thinking tools to help you get unstuck at work and solve problems
- Greater creative confidence to navigate change and uncertainty in your career and life
- A clearer articulation of your own sense of meaning and purpose at work and life
- Concrete steps you can take immediately following the session to further explore your interests and pursue your professional goals.

Who is it for?

This program is designed for professionals exploring career shifts or seeking clarity on their next steps. This program is ideal for you if you:

- **Are ready to reflect on your next steps in work and life**
- **Seek a structured, creative approach to designing your future**
- **Value personal growth and continuous learning**



Course Overview:

Designing Your Work Life (DYWL) offers a hands-on, structured approach to life design using Design Thinking principles. Participants engage in individual and group exercises that help redefine their perspectives on careers, relationships, well-being, and more.

Through **self-discovery** and **interactive exercises**, you will:

- Apply Design Thinking to explore multiple life pathways.
- Identify and challenge limiting beliefs that hold you back.
- Cultivate a sense of purpose and alignment with your life's compass.
- Refine decision-making skills and create sustainable, actionable plans for fulfillment.

The DYL Journey

2 days

SATURDAY - 9:30 - 17:30

Design Thinking
Stories and beliefs
LifeView & WorkView
Balance & Energy
Beyond excellence
Framing problems

2-HOUR ONLINE FOLLOW-UP SESSION

What I've accomplished, so far!
My Board



SUNDAY - 9:30 - 17:30

Getting Unstuck
Ideation strategies
Choosing with discernment
My Odyssey Plans
Prototyping & Action plans

**BOOST YOUR SKILL
AND CONFIDENCE FOR
DESIGNING A LIFE
WHERE YOU WILL
THRIVE – NOW AND IN
THE FUTURE.**

Workshop Highlights

- **Intimate:** Maximum of 16 participants to ensure a personalized experience.
- **Interactive & dynamic:** A highly experiential, learning-by-doing approach, with:
 - Structured self-awareness tools to gain clarity on ourselves
 - Peer-to-peer exchanges, to enrich personal insights and contribute to solutions
 - hands-on activities to shift from ideas and possibilities to action
- **Expert guidance:** workshop is led by Designing Your Life certified facilitators with long experience in both personal and professional skills development.



Post-Workshop

Certificate:

Upon completion, you will receive a certificate confirming participation in this 16-hour training, including a 11-hour DYL-accredited modules. This certificate grants access to the open DYL content program for individuals.

Coaching:

A 2-hour online follow-up session for continued support and updates.

Access to the Community:

Before the workshop, you'll join a WhatsApp group to connect with your cohort. As part of this growing network, you'll receive exclusive content and monthly newsletters.

Workbook:

The workshop includes a workbook with exercises to continue your life design journey and covers all the key modules we have seen together.

About the Facilitator:

Led by Adis Sophie

Adis Sophie, the founder of Beyond Boundaries Consulting, is a facilitator and former sustainability leader with over a decade of experience in corporate sales, marketing, and innovation.

Based in Amsterdam and a mother of two, she brings a cross-cultural lens and a deep understanding of career and life transitions to her work. Through Beyond Boundaries and Designing Your Life, she creates structured, human-centred spaces where individuals and teams can reflect, realign, and move forward with clarity and purpose.



What People Say About Us

"A game-changer for both personal and professional growth."

"The collaborative environment was invaluable in redefining my career-life path."

"Empowering and practical – this workshop exceeded my expectations."

SECURE YOUR SPOT – LIMITED SEATS AVAILABLE!

For questions or additional information, contact us on WhatsApp or by email at **contact@designingyourlife.nl** or join our free webinar.

Book Your Call Today

Additional Information & Terms

Cancellations: (excluding booking fees).

- Within 48 hours of booking: Full refund
- 2 months before workshop: 70% refund
- 1 month before workshop: 50% refund
- Within 14 days of workshop: No refund. You may transfer your ticket to someone else.

A settlement payment is possible under request, **please contact us.**