

## Designing Your Life Workshops

Two options in October (the same material but two different dates):

Monday, October 16

Monday, October 23

10:00 – 11:30 a.m.

E19-202

Careers are ill-defined, "wicked" problems. Learn how proven design thinking mindsets like curiosity, bias to action, reframing, and collaboration can help you help you design and build your career in the face of all the unknowns. Practice and take home valuable tools and questions to explore and develop a career that works for *you*.

[Designing Your Life](#) (DYL) is a career exploration approach pioneered by Stanford design faculty, recently publicized in the [best-selling book](#) by professors Bill Burnett and Dave Evans. This workshop will be led by MIT staff, who attended the first-ever DYL training at Stanford.

Pre-registration is requested via [CareerBridge](#) so we have enough materials for everyone. Space is limited to 30 attendees.

If you are interested in having a similar workshop with your department or student group, please email Jake Livengood at [livngood@mit.edu](mailto:livngood@mit.edu)