



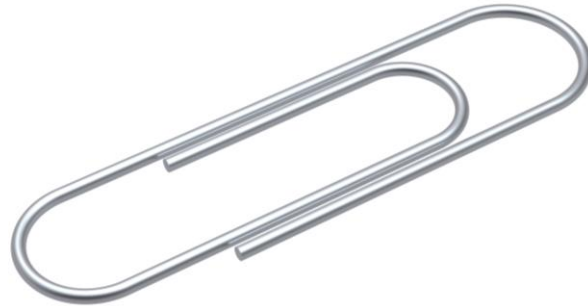
Life Design

Post 16

Created by the Outreach Team
at The University of Essex

Task

How many uses can you come up with for this paper clip in 4 minutes?

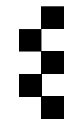


- How did you do? _____
- Did you find this easy or hard?

We will find out the purpose of this later!

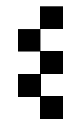
Aims of this workshop

- During this workshop you are going to learn about the process of Life Design and the theory behind it.
- You are doing this because it adds another skill to your toolkit when thinking about your future. You can then apply this skill across other areas of your life.
- It will help you to plan the steps that you will need to take, including A Level choices, volunteer work, university courses and future careers.
- You will end this workshop with one 'killer idea' you are going to try out in the real world. This will hopefully take you a step closer to your dream life!



What is Life Design?

An approach which applies the principles of product design or design thinking to personal and professional development.

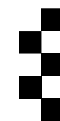


What is Design Thinking?

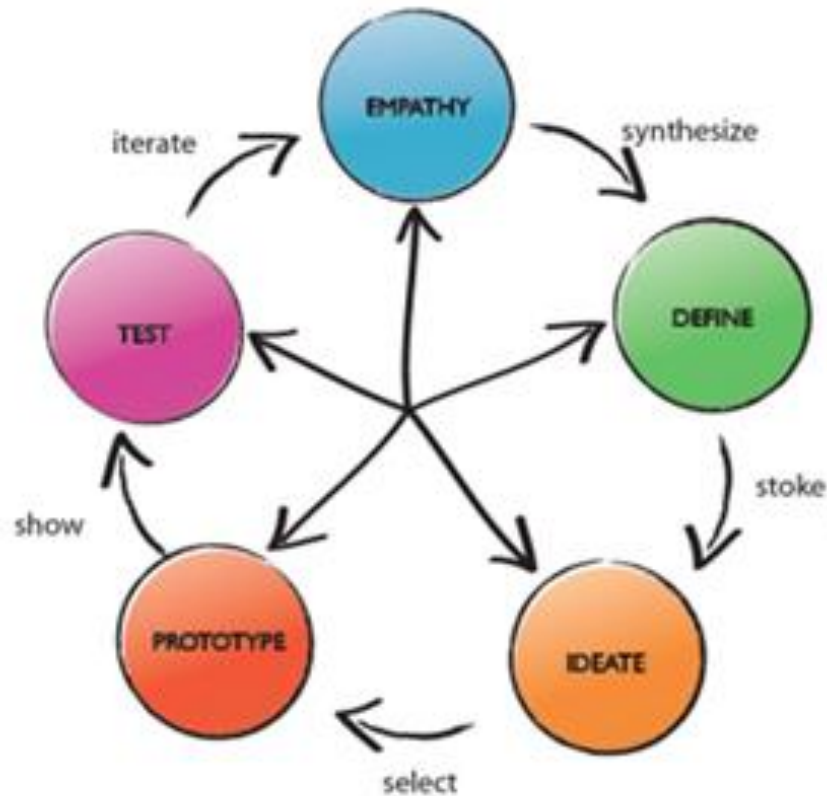
- It is a different way of thinking for problems that don't have an obvious solution
- Another skill to add to your toolkit
- Build your way forward
- Creative
- Human-centred and collaborative
- Optimistic and experimental

Five Steps of Design Thinking

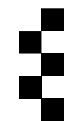
STEPS	For Product Design	For Life Design
Empathy	Explore what your customer wants	Understand yourself, your needs and motivations
Definition	Analyse your research findings and frame a question to address a key problem	Understand the need/s that you are trying to fulfil in your life. Develop a question to answer.
Ideation	Brainstorm different possible solutions/designs	Brainstorm every wild idea under the sun. To have your best life, you need all of your ideas!
Prototype	Select a possible design and build a rough physical model	Choose the idea that you like best and are going to take forward.
Test	Try it & reflect on it	Try it and reflect on it



Five Steps of Design Thinking



- It is not a linear process
- Better to view it as a circle
- You can jump between any of the stages at any point



Life Design Mindsets



Radical Collaboration – Working with and learning from people who are different from you. Several minds solving a problem is always better than one!



Bias Toward Action – Rather than keeping everything in your head, this approach allows you to gain information by taking action (doing).

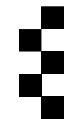


Reframing – Learning to change your perspective. Moving from a fixed mindset to a growth mindset.



Mindful of Process – You have to be aware of where you are now and the steps needed to go forward.

Developed by Stanford University



University of Essex

Task

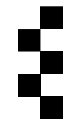
Working in pairs, you need to plan a party.

Round 1 – start each sentence of your conversation with ‘**Yes, *BUT***’.

How did the conversation go? How was the party you planned?

Round 2 – start each sentence of your conversation with ‘**Yes, *AND***’.

How did this conversation go? Were there any differences?



Life Design Task:

Pair up with your neighbour.

Decide who is Person A and who is Person B.

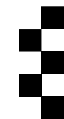


Person A

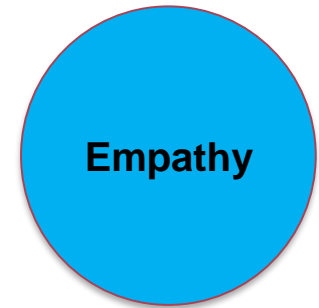


Ask your partner at least three of the following questions:

- What part of your daily routine do you really enjoy?
- What part of your daily routine do you **not** enjoy?
- What are your proudest achievements?
- What does worthwhile work mean to you?
- What values are important to you?

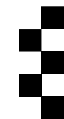


Person B

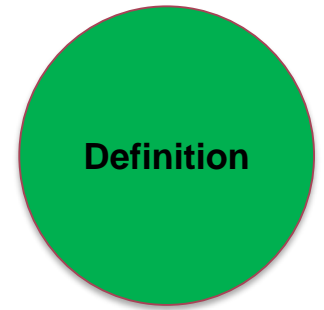


Ask your partner at least three of the following questions:

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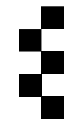


Insights

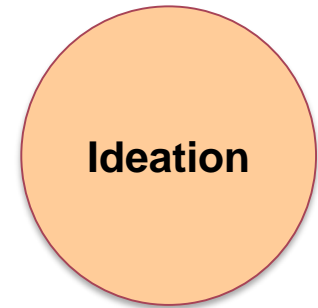


Persons A & B

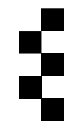
- Some prompts:
 - What do you think is important to your partner?
 - What are they good at?
 - What do they enjoy?
 - What stood out to you?



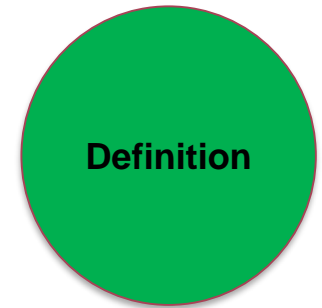
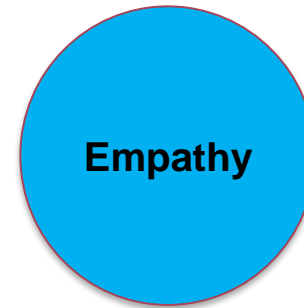
Persons A & B



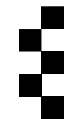
- Imagine your partner's life is a blank slate!
- They could do anything they wanted without constraint
- Write down fantasy future careers that you think would match your partner
 - Go for quantity not quality
 - The wilder and wackier the better!



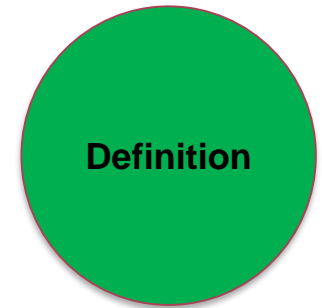
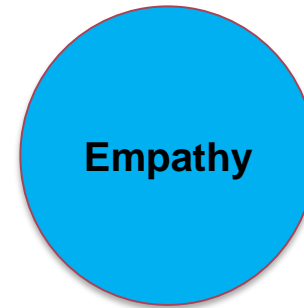
Person A



- Describe to your partner the fantasy future careers you have generated for them
- Listen to their responses
 - Do any particularly appeal to them?
 - Do they dismiss any?
- Together decide on a favourite future career

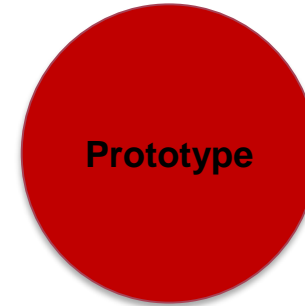
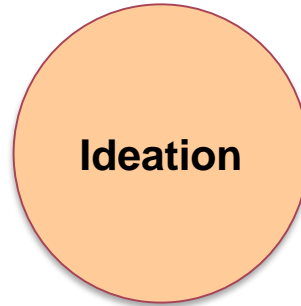
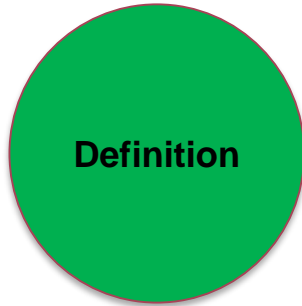


Person B



- Describe to your partner the fantasy future careers you have generated for them
- Listen to their responses
 - Do any particularly appeal to them?
 - Do they dismiss any?
- Together decide on a favourite future career

Favourite future career



- What are all of things that you could do to test or prototype this future?
- Write a list of as many as possible
- Share with the group if possible, add anymore ideas that are suggested

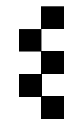


One Killer Idea



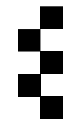
Test

- Select one idea from your list to take forward and prototype in the real world
- Each person to tell their group which idea they have chosen and what action they are going to take.



In Conclusion

- Design Thinking allows you to think about problems in a different way.
- Applying this way of thinking to Life Design allows you to consider and explore lots of different options.
- It gives you more control over your life and the direction that you want it to take.
- It is great way of working out what is important to you.
- It allows you to make informed choices about A Levels, voluntary work, university courses and future careers.





Great work!

Any questions, please send them to our email
outreach@essex.ac.uk