

## Workshop: Design Your Life and Your Career

<b>Date:</b>	Thu, 6 March 2025, 14:00–17:00 h
<b>Location:</b>	online via Zoom
<b>Target group:</b>	Postdocs of all research fields of the UA Ruhr universities (max. 25 participants)
<b>Trainer:</b>	Dr. Joann Halpern
<b>Registration deadline:</b>	21 February 2025

 Please register at: <https://eveeno.com/365301293>

### Description

Design your life can support you in your vocational wayfinding. The workshop offers processes and techniques that help you to find out which career you want and how you can plan your career coherent with your life plans.

The workshop uses the design thinking process to help you to develop a constructive and effective approach to designing your career by bringing together workview and lifeview and to align your career planning with your values and personal aims.

The following topics will be covered during the workshop:

- Reframing Negative Thoughts
- Energy-Engagement Maps
- Workview and Lifeview Reflections
- Coherence of Workview and Lifeview
- Ideating Work and Life: Preparing Odyssey Plans
- Prototyping

The workshop uses Design your Life methodologies developed at Stanford University by Bill Burnett and Dave Evans.

### Trainer

**Dr. Joann Halpern** is the Director of the Hasso Plattner Institute, New York (HPI) and an adjunct professor of international education in the Department of Applied Statistics, Social Science, and Humanities at New York University. Prior to joining HPI, she was founding director of the German Center for Research and Innovation (GCRI), which was created as a cornerstone of the German government's initiative to internationalize science and research.