



# Life Design 201 Workshop

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## Course Overview

Design thinking is a powerful approach for developing practical, creative solutions to real-world problems. It applies the mindset and methods that designers, engineers and architects have used for 50 years to identify and address human needs by developing functional and meaningful products, services, and spaces. At its core, design thinking encourages human empathy as a source of innovation to solve messy, ambiguous, wicked problems.

For graduates of our 101 course who want to revisit their Odyssey plans, generate new ideas and go deeper, join us as we apply the design thinking toolkit to create a life that is both meaningful and fulfilling.

This series leverages what you learned in Life Design 101– with new tools and a new community. Your instructors and classmates will support you as you take the next step in your project, prototype, or life change. We'll go deeper into brainstorming, prototyping and building your idea. Throughout this 8-week experiential workshop, you will build your way forward using design tools: empathy, brainstorming, prototyping and testing and a design mindset: curiosity, action, reframing and collaboration.

## Course Materials

I've curated some of my favorite tools in a Life Design workbook which will be delivered to you digitally as the course progresses.

## Course Sessions

Course sessions will be held in person at The Lola in Atlanta or via zoom.

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**Location:** The Lola Atlanta 621 North Avenue NE D-100, Atlanta, GA 30308

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## Course Schedule:

Classes will be held on the same day each week and last approximately two hours. Exact class dates and times will be established once a cohort of students express interest in this course.

<p><b>Week 1 (Live):</b> <b>Overview</b> of the course. Understanding resilience.</p>
<p><b>Week 2 (Live):</b> <b>Generate Options:</b> What else is possible?</p>
<p><b>Week 3 (Virtual):</b> <b>Build</b> three scenarios for your life. Asynchronous lesson.</p>
<p><b>Week 4 (Virtual):</b> <b>Prepare to brainstorm:</b> Asynchronous lesson and coaching.</p>
<p><b>Week 5 (Live):</b> <b>Ideate:</b> Brainstorming session with guests</p>
<p><b>Week 6 (Virtual):</b> <b>Prepare a prototype:</b> Asynchronous lesson and coaching.</p>
<p><b>Week 7 (Live):</b> <b>Test &amp; Learn:</b> What do I need to learn about first? Build plans in small groups</p>
<p><b>Week 8 (Live):</b> <b>Course closing.</b> Managing change and transition.</p>

## FAQ

For more information about the course visit - [SpringboardStrategy.com](https://SpringboardStrategy.com)

## Guarantee:

I know you're thinking, "what if this doesn't work for me?" You're protected at all times by the "I just want to help you get unstuck" guarantee. I believe in the value of this course and my work. If you've read this far down the page, I know that you're serious about designing a life that fits you. Here's what I've seen: this course works if you put in the work. If you show up for the calls, thoughtfully work through pre-work, do the reading, and still don't see the value, email my team at any time during the 30 days from course launch for a full refund.