

Day #1: INITIATE your journey and EMPATHISE yourself.

YOGA and Meditation and intention circle

- Introduction to the design thinking framework
- Challenge and reframe limiting beliefs.
- Define your key values, who you are and your inner compass.
- Share intentions, work & life views, and check for coherence
- Set your direction.
- Introduction to Flourishing.

Day #2: DEFINE where you are.

YOGA and Meditation and intention circle

- Assess your life holistically.
- Explore insights on designing a life for flourishing, wellbeing, and performance.
- Explore your impact.
- Reframe anchor and gravity problems.
- Creating Odyssey plans for your future and use storytelling

Closing and feedback circle

Day #3: IDEATE your future and CHOICE for prototyping.

YOGA and Meditation and intention circle

- Learn effective ideation and choice model.
- Discernment and refinement of the Odyssey plans
- Introduction to Prototyping and testing
- Leverage a design team and idea generation!
- Creating an action plan, a support plan and personal practice going forward

Closing and feedback circle