राष्ट्रीय डिज़ाइन संस्थान
NATIONAL INSTITUTE OF DESIGN
AHMEDABAD

Design for Self-Leadership

Based the "Designing Your Life" Framework
Engineered by Stanford University Professors

October 24th-25th
15 Seats available
NID Gandhinagar Campus

Design for Self-Leadership

Programme Overview

Design for Self-Leadership is a framework rooted in the tenets, principles and tools of design and design thinking. The programme empowers participants to discover and develop their idea of 'self' by exploring awareness, alignment and efficacy so that they may have self-leadership for good life design.

The framework equips one to constantly develop their 'inner loci of control' and the 'conscious eternal action' by providing tools for the ongoing process and continuous journey towards self-leadership. The inner loci consists of intention, self-awareness, self-confidence, and self-efficacy (self-belief).

Design for Self-Leadership is based on Stanford's "Designing Your Life" Framework

The process and courses have been developed by Stanford professors Bill Burnett and Dave Evans after extensive research at the Life Design Lab (d.life) at Stanford University.

Bill Burnett is the Executive Director of the Design Program at Stanford. Dave Evans is a lecturer for the Design Program at Stanford and co-founded Electronic Arts and also introduced the computer mouse to the world while at Apple.

Programme Objectives & Outcomes

Design for Self- Leadership is a process focusing on increasing ownership and confidence and staying relevant for the future through design and is an essential component for leadership development. The practice of self-leadership is to constantly develop the 'inner loci'. The objective of this workshop is to guide and support participants as they learn how to adopt and action the Life Design for Self-Leadership framework and continually leverage design for their journey forward.

With a comprehensive set of tools and a refreshed mindset, participants will learn to think creatively and generatively. Learning to build their way forward with intentional change and a bias to action, the workshop aims for participants to leave feeling confident in their life design towards a more successful and fulfilling future.

Programme Highlights — Content & Pedagogy

The participants will experience interactive, hands-on and participatory methods and approaches to design their lives by applying the framework to their personal and professional lives. Lecture/ presentations of various topics of relevance.
Case study analysis and understanding, Group discussions / Peer/ Design Research, Presentations and Feedback.

- Introduction to Self-Leadership and its relevance to Leadership development
- Tools and Methods on Self- Leadership
- Introduction to the Designing Your Life framework. Understanding how it might enhance self-leadership.
- Unpacking and reflecting on one's current levels of "Coherence".
- "Design thinking" demystified. Using design thinking for better insights, problem framing, and ideation in life and leadership decisions.
- Empathy for self and others. The role of empathy in generating insights for greater self-awareness leading to effective self-leadership.
- Reframing work-life balance. Balance being is key to self-leadership.
- Designing our "energy"....to thrive today, to envision our tomorrow.
- Prototyping the actions and Learning leadership by doing.
- Exploring possibilities and Generating Action plans for leadership development.

Who should attend?

Working Professionals, Business Owners, Entrepreneurs, Academic leaders, Government Officials

Programme Fee & Registration

Registration Fees : Total of Rs 17,700/- per participant = Rs 15000 + (Rs 2,700/- GST @18%), non-residential, 2-day workshop at NID-Gandhinagar. A certificate of participation will be provided to participants on successful completion of workshop.

For Further Details Contact : Continuing Education Programme (CEP), Paldi Ahmedabad 380007, email cep@nid.edu, Tel : 079-26629, 767, 746 , Website : www.nid.edu

Programme Faculty

S Guruprasad

S Guruprasad is a Senior faculty in Strategic Design Management under the Faculty of Inter Disciplinary Design Studies at NID. He teaches and involves in Design Strategy, Innovation Methods, Design Leadership, Systems Design, Design Process, Behavior Studies and NSD. Guruprasad has more than a decade of experience in New Product Development, Product Design, Engineering Design and Manufacturing. He holds a bachelor's degree in Mechanical engineering and Post-Graduation from NID. His research area is in Behavior Science and Design methods.

Navyug Mohnot

Navyug Mohnot is the CEO of QAI, a transnational Process Improvement consulting organisation, and the Founder and CEO of QGLUE, a consulting and training company that helps adopt the 'design-led way' to foster innovation. Navyug did his B.Tech from IIT Delhi and pursued a Fellowship for a PhD in the USA. He dropped out to return and contribute to the globalisation of the then-nascent Indian IT Industry.

Navyug is a Stanford-trained "Designing Your Life" (DYL) Coach, Facilitator, and Educator for Universities, and brought the renowned program to India for the first time as Visiting Faculty at Ashoka University. He has also since taught at IIT. He is a Harvard-certified Leadership Coach and has spoken at several conferences worldwide, including a TEDx talk on "Manifesting Desires and Embracing Contradictions."