



**LIFE  
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University of St.Gallen

# Designing Your (Academic) Future

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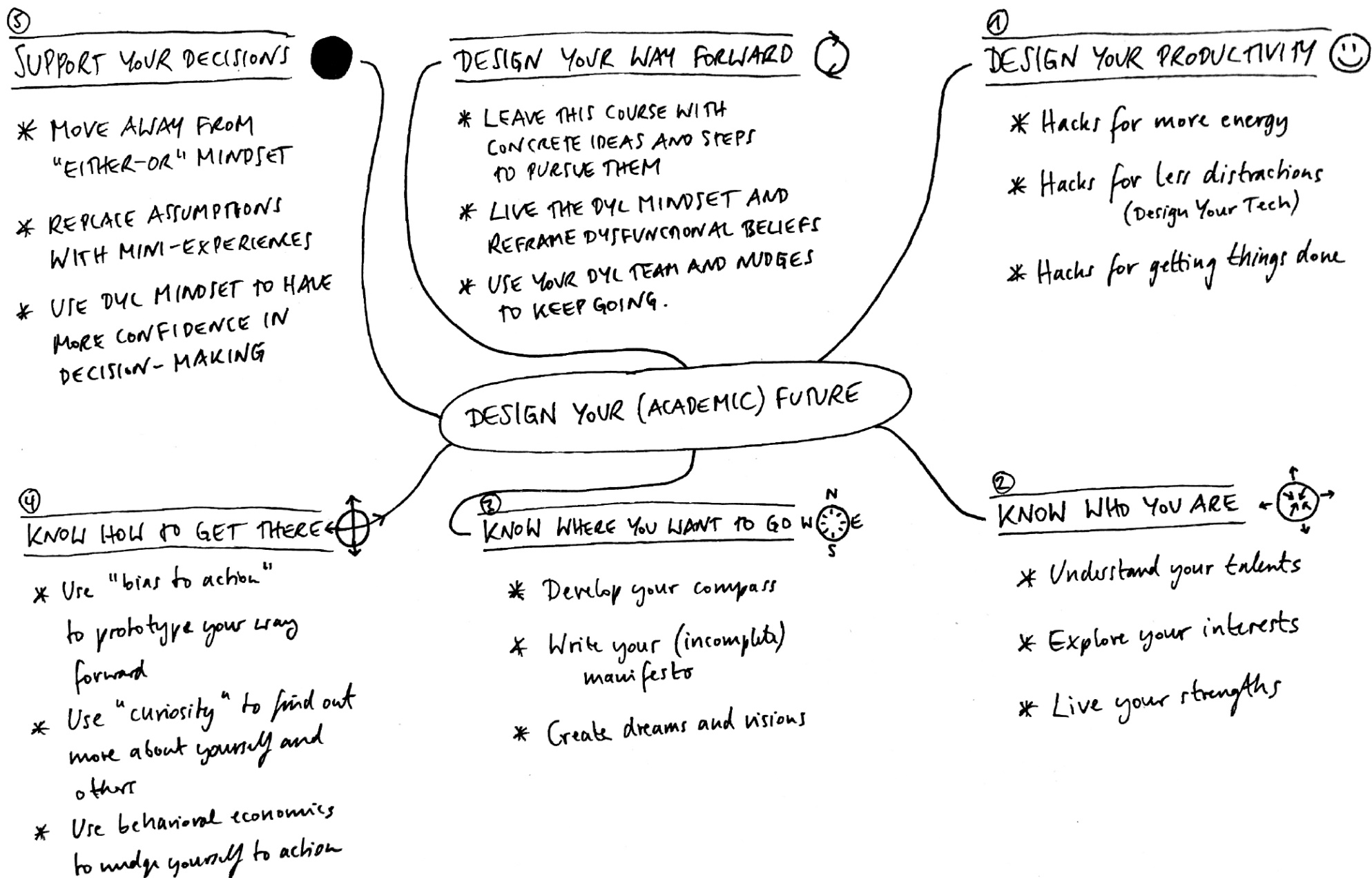
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# Design Your (Academic) Future: Overview



# Design Your (Academic) Future: Objectives

After the workshop, you will

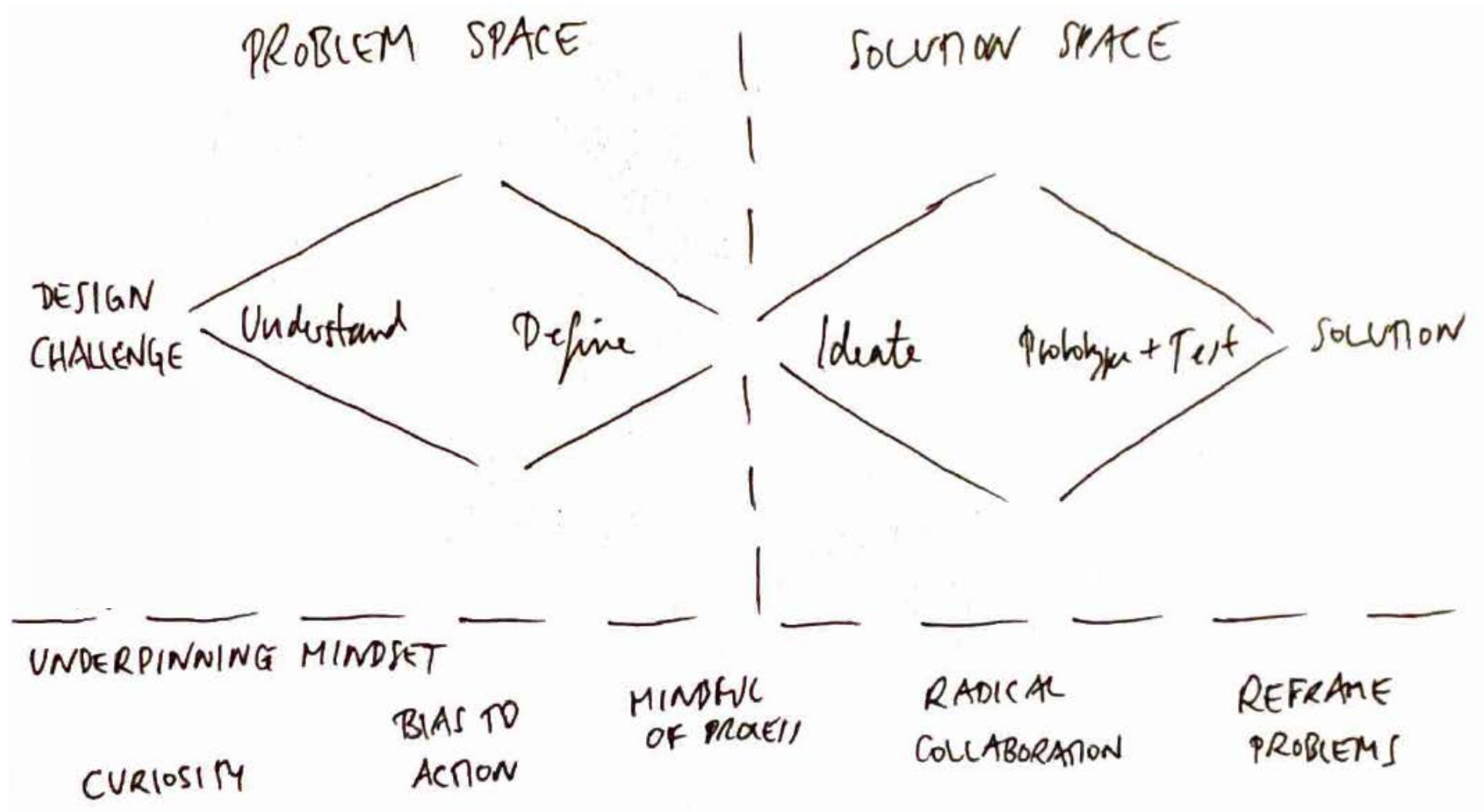
- understand your needs for a life that offers joy and fulfillment
- have created many job ideas that match your needs
- have already taken steps to pursue some of your ideas
- know what steps to take to realize a flourishing life
- adopt habits of prototyping and iterating to your vocation and take action instead of over-thinking
- be guided as you take further steps to design your life
- understand the value of peer feedback and building a community for life design

# Design Your (Academic) Future: Benefits

## Benefits for participants

- Life design enables employees to strengthen their identity as academics or to build up a vocational identity outside academia (Nota & Rossier, 2015)
- By recognizing the wide range of sound career prospects, PhD students and Postdocs experience that asking themselves future career related questions is meaningful and enjoyable
- Knowing how to apply life design turns out to be an immense emotional relief and supporting confidence in decision making
- Knowing what you really want in life and how to implement it has positive effects on motivation, job and life satisfaction, and wellbeing (Duffy & Dik 2013)

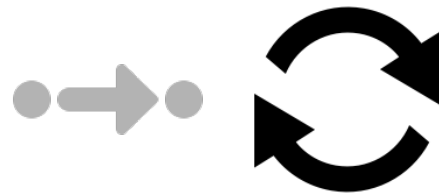
# The Double Diamond Model for finding and solving problems





## 6 dysfunctional beliefs and how to reframe them:

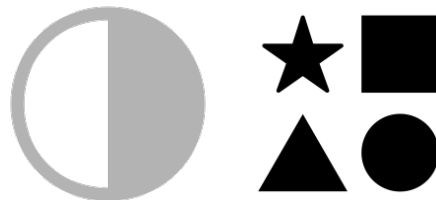
On-going  
instead of  
once and for all



Low-risk prototypes  
instead of  
heroic changes



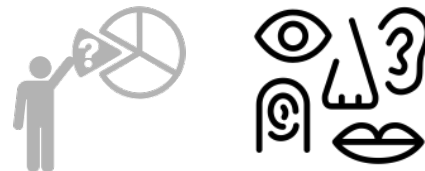
Differentiating  
instead of  
dichotomist



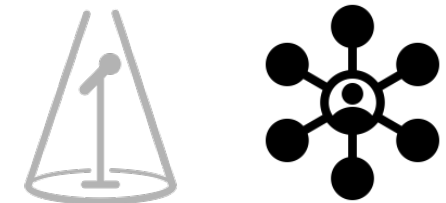
Working visually  
instead of  
staying in your head



Experiences  
instead of  
assumptions



Team effort  
instead of  
solo-project



# Findings: Impact of life design workshops on participants

## RESULTS

### Mean Differences Between Design Your Life and Control Students





# Thank you & Contact



Join us for  
“Design Your (Academic) Future”

At Swiss Summer School  
26-30 August 2019  
in Lugano

Information and registration at:  
[forscenter.ch/summer-school](https://forscenter.ch/summer-school)

Contact us for further questions:  
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Watch the video here:

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