

# HAPPY RETIREMENT AND LIFE DESIGN



Q&A

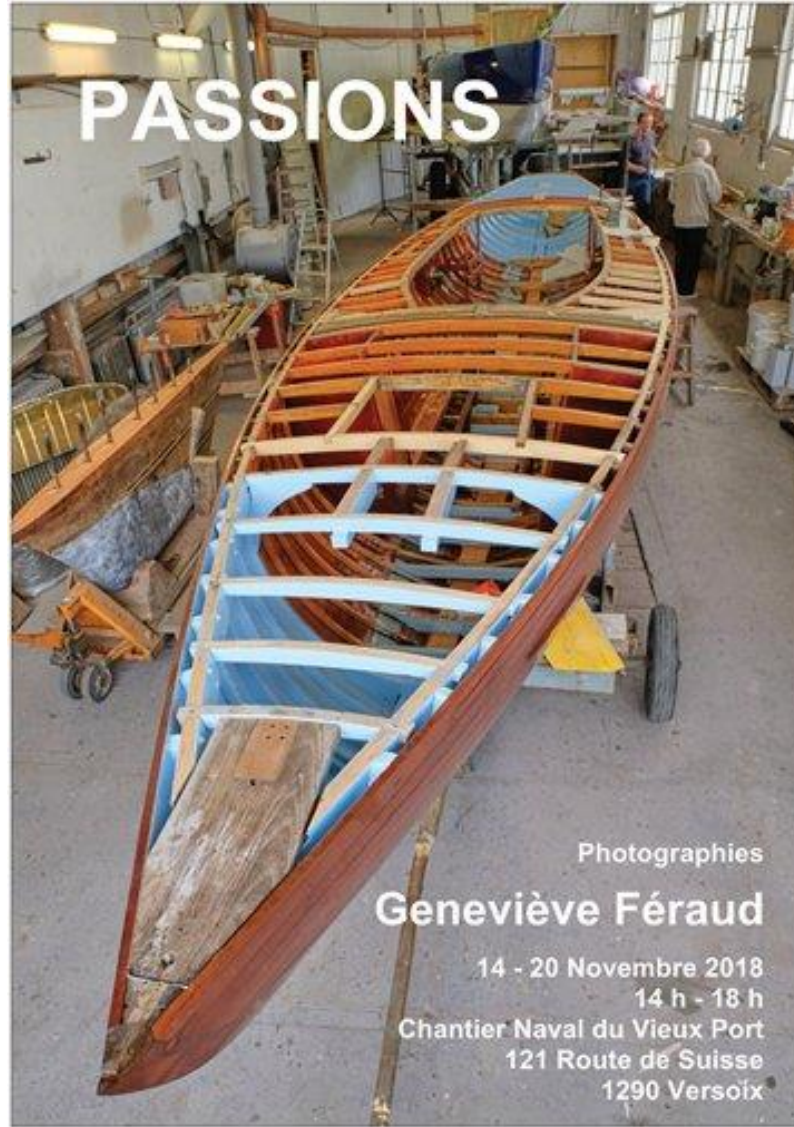
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Code #9166354

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**NO'  
PHOTO**  
BIENNALE DE LA PHOTOGRAPHIE – GENÈVE





# AGENDA

How it all happened

Principles of Life Design

Assessment

Compass

Find your way

Prototype

Odyssey plans

Build your team

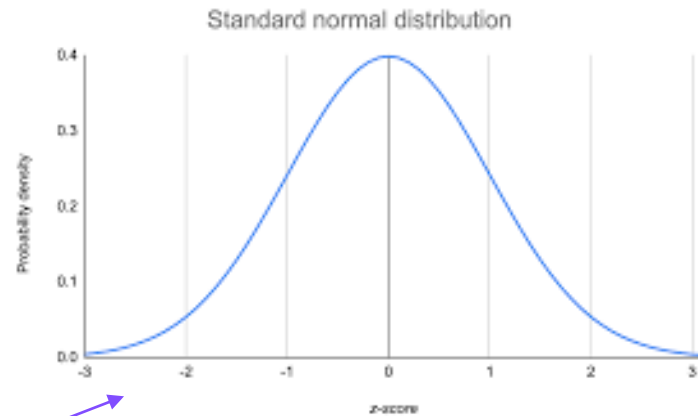
Choose happiness

# A happy and successful retirement

The CLM pre-  
retirement seminar

Life Design

# UN retirees: a normal distribution

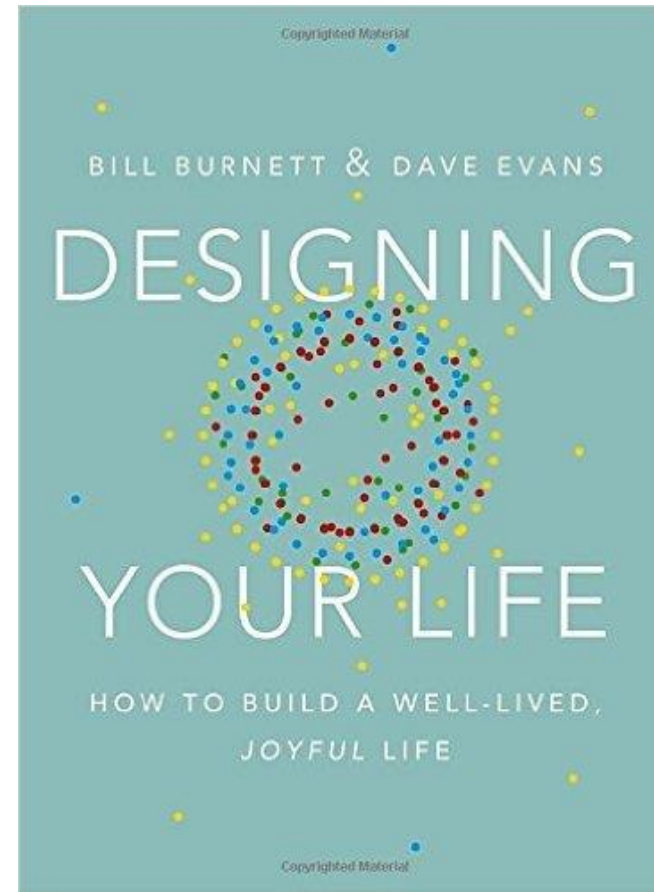


Don't want to retire

Very happy to retire

That's more or less OK  
Don't really now  
Never really thought about it

It all started in 2018...



# Life design principles



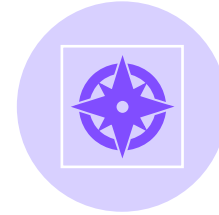
BASED ON  
DESIGN THINKING



ASSESSMENT



COMPASS



FIND YOUR WAY



PROTOTYPE



ODYSSEY PLANS



BUILD YOUR  
TEAM



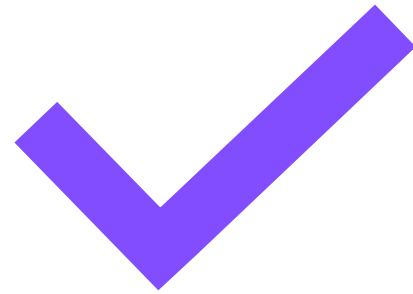
CHOOSE  
HAPPINESS



# Design thinking



Ideation



Prototype



# LIFE DESIGN Assesement

A red teardrop-shaped sign is mounted on a textured, light-colored wall. The sign features the text "YOU ARE HERE" in white, bold, sans-serif capital letters. The sign is positioned to the right of a dark-framed window and below a string of outdoor lights. The wall has a rough, stucco-like texture. A dark-framed door is visible on the right side of the image. The overall scene is an exterior view of a building's entrance area.

**YOU  
ARE  
HERE**

# Life design assessment

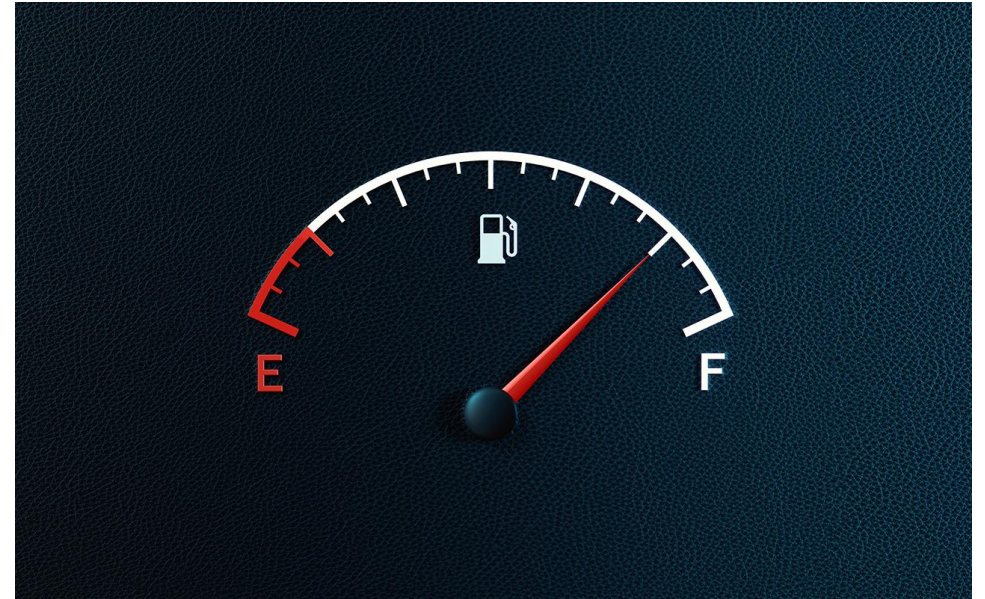
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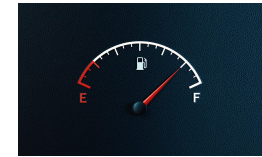
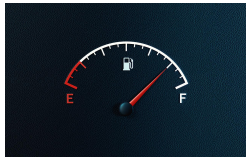
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# Dashboard



# Life design assessment





# LIFE DESIGN Compass

# To build a compass

## A life view

- What gives life meaning ?
- What makes life worthwhile or valuable ?
- How does your life relate to others (family, community, the world) ?
- What do money, fame, personal accomplishment have to do with a satisfying life ?
- How important are growth, fulfillment and experience ?

## An activity view

- What is an activity for ?
- Why do you do it ?
- What makes good activity ?

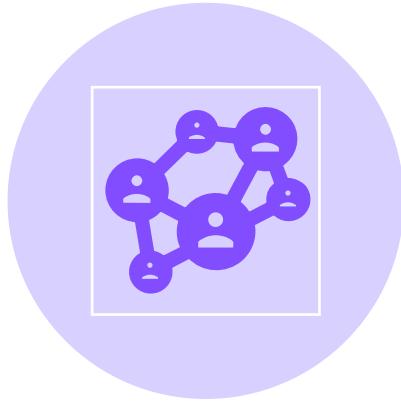




# Coherency

- Who you are
- What you believe
- What you are doing

# Life view- Activity view integration



WHERE DO YOUR VIEWS ON LIFE  
AND ACTIVITY COMPLEMENT  
EACH OTHER ?



WHERE DO THEY CLASH ?



DOES ONE DRIVE THE OTHER ?  
HOW ?



# LIFE DESIGN

## Find your way

# Wayfinding



Analysis



Ideation

# Analysis: criteria



## Engagement – Flow

Complete involvement in the activity

A sense of euphoria

Great inner clarity

Calm and peace

Time disappearing

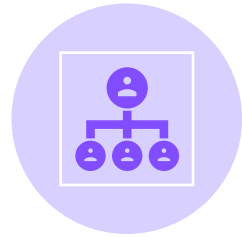


## Energy



# Good-time journal

# Analysis: AEIOU



ACTIVITIES



ENVIRONMENTS



INTERACTIONS

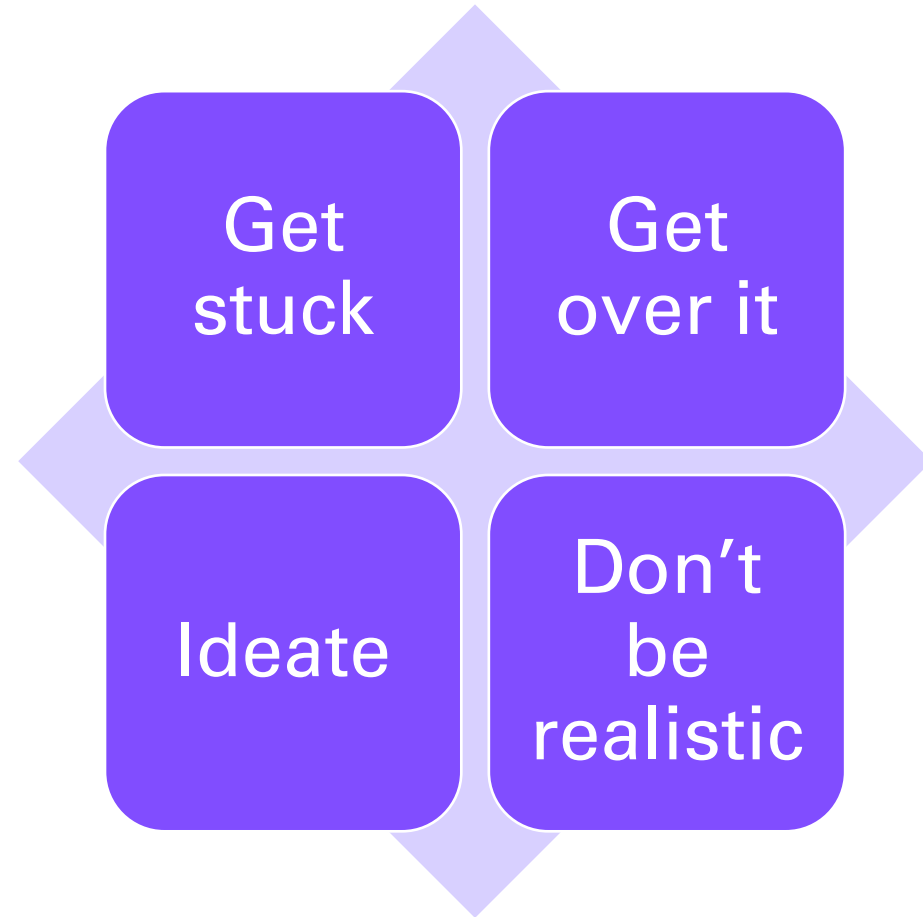


OBJECTS



USERS

# Ideation: wayfinding







# LIFE DESIGN

## Odyssey plans

# Odyssey Plans

Three different versions of the next five years of your life

- Life 1: that thing you do
- Life 2: that thing you'd do if thing 1 were suddenly gone
- Life 3: the thing you'd do or the the life you'd live if money or image were no object



# LIFE DESIGN Prototyping

# Prototyping : 3 ways



Life design conversations / interviews



Prototype experiences

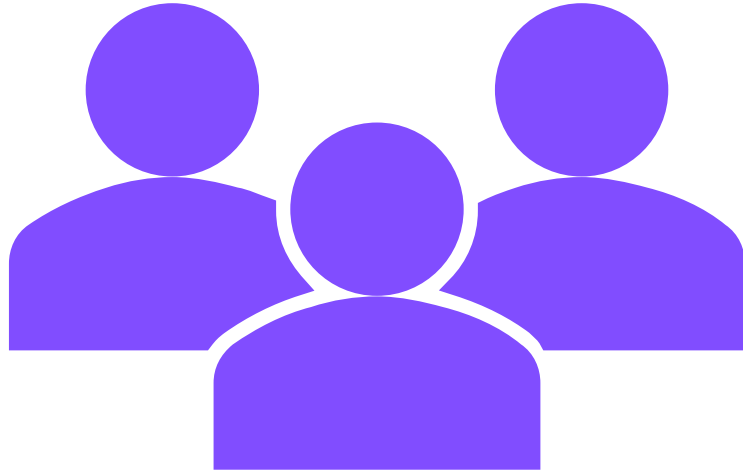


Brainstorm prototype ideas



# LIFE DESIGN

Build your team



# The team

- Members
  - Supporters
  - Players
  - Intimates
- Rules
  - Respectful
  - Confidential
  - Participative
  - Generative



# LIFE DESIGN

Choosing happiness

# Jam study

Sheena Iyengar, Columbia Business School



	stop	buy
6 jams on display	40%	13 %
24 jams on display	60 %	3 %



# Life design choosing process

Gather and create options



Narrow down the list



Choose discerningly

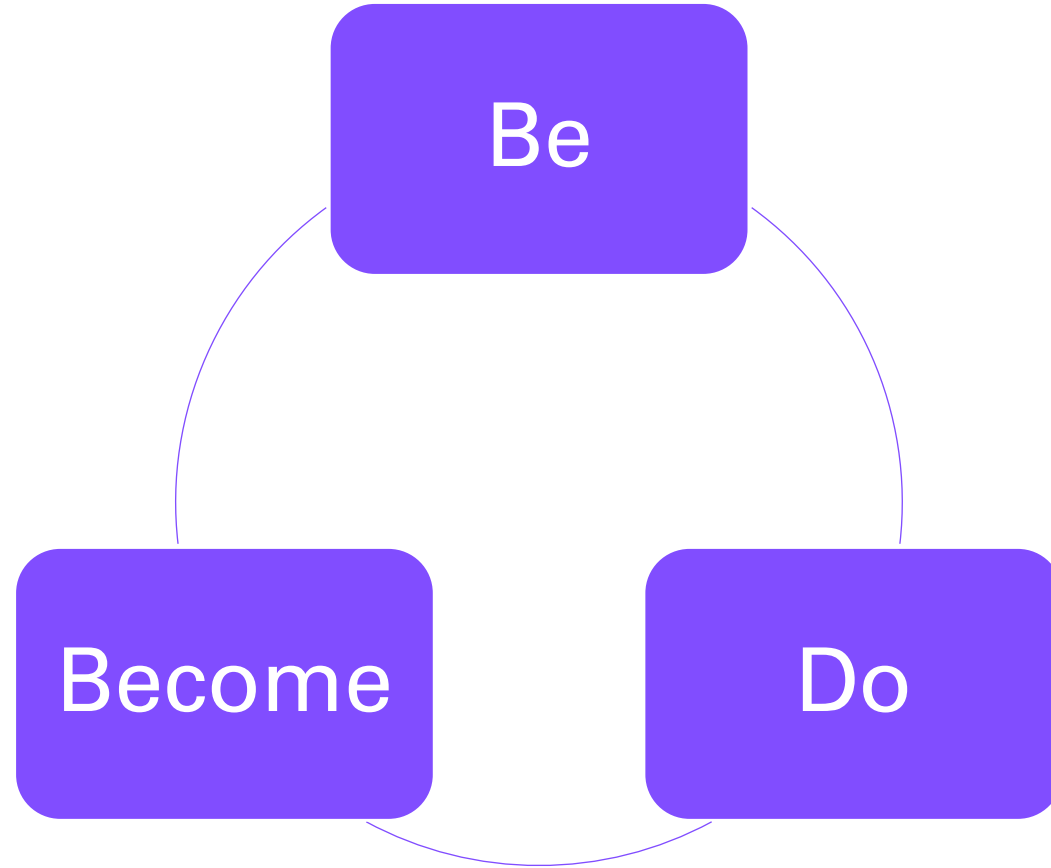


Agonize



Let go and move on

# The productive cycle of growth



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# THANK YOU

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