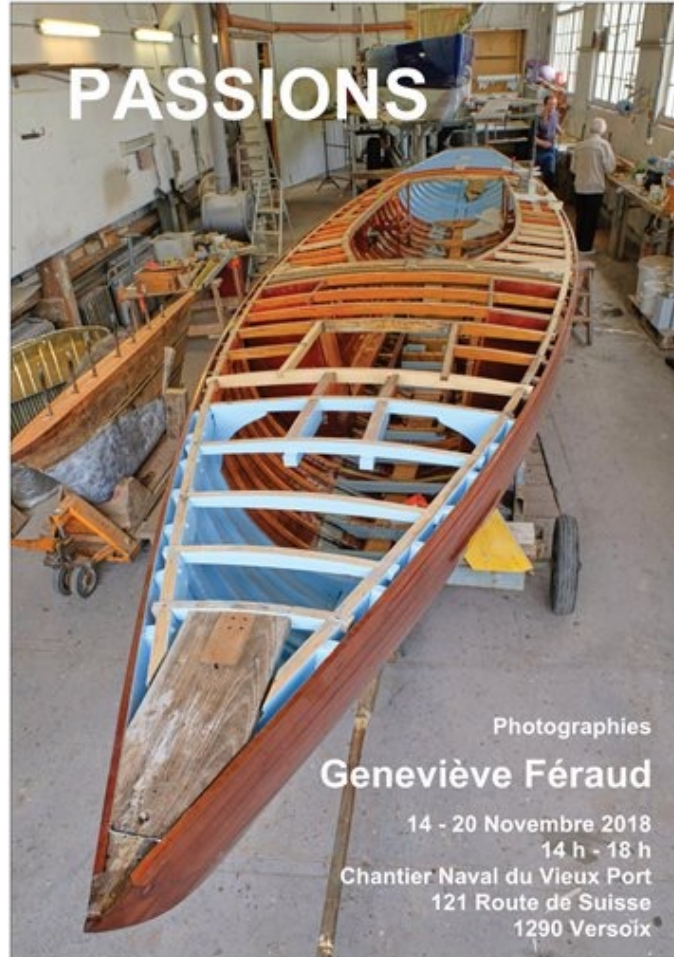


LIFE DESIGN: RETIRE AND THRIVE !



Dr Geneviève J.S. Féraud
Fine Arts Photographer
Leadership Consultant





Nuit de la Photo

La Chaux-de-Fonds, Suisse

10ème édition
Samedi 18 février 2023

[Accueil](#)

[Nuit de la Photo 2023](#) ▾

[Informations](#) ▾

[Éditions précédentes](#) ▾

[Contact](#)

[Newsletters](#)

[FB](#)

[EN](#)

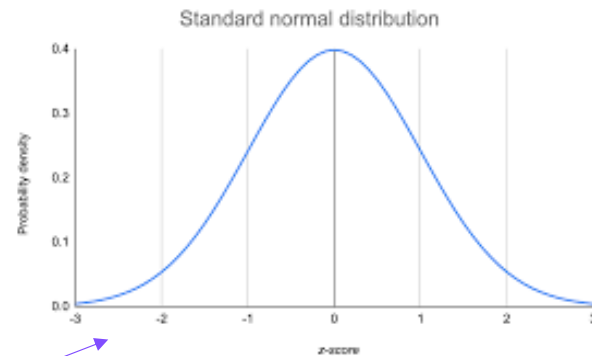




AGENDA

How it all happened
Principles of Life Design
Assessment
Compass
Find your way
Prototype
Odyssey plans
Build your team
Choose happiness

UN retirees: a normal distribution



Don't want to retire

Very happy to retire

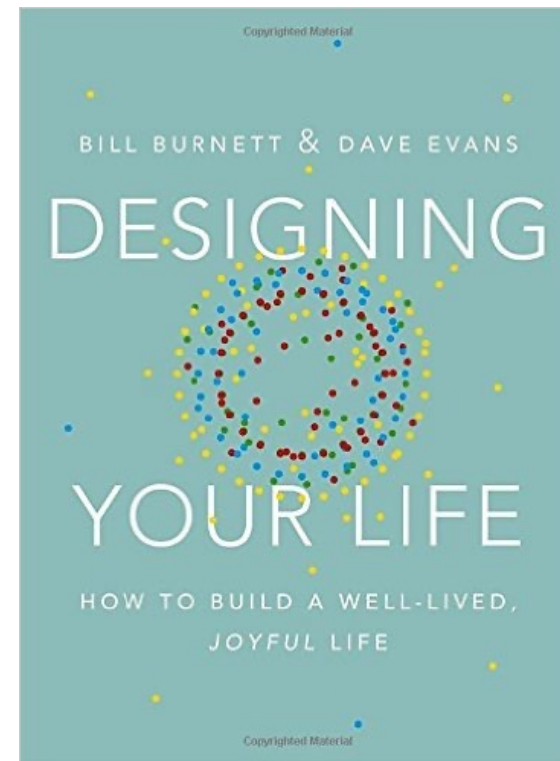
That's more or less OK
Don't really now
Never really thought about it

A happy and successful retirement

The CLM pre-
retirement seminar

Life Design

It all started in 2018...



Life design principles



BASED ON
DESIGN THINKING



ASSESSMENT



COMPASS



FIND YOUR WAY



PROTOTYPE



ODYSSEY PLANS

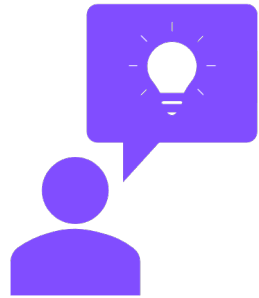


BUILD YOUR
TEAM

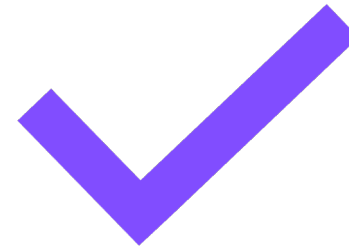


CHOOSE
HAPPINESS

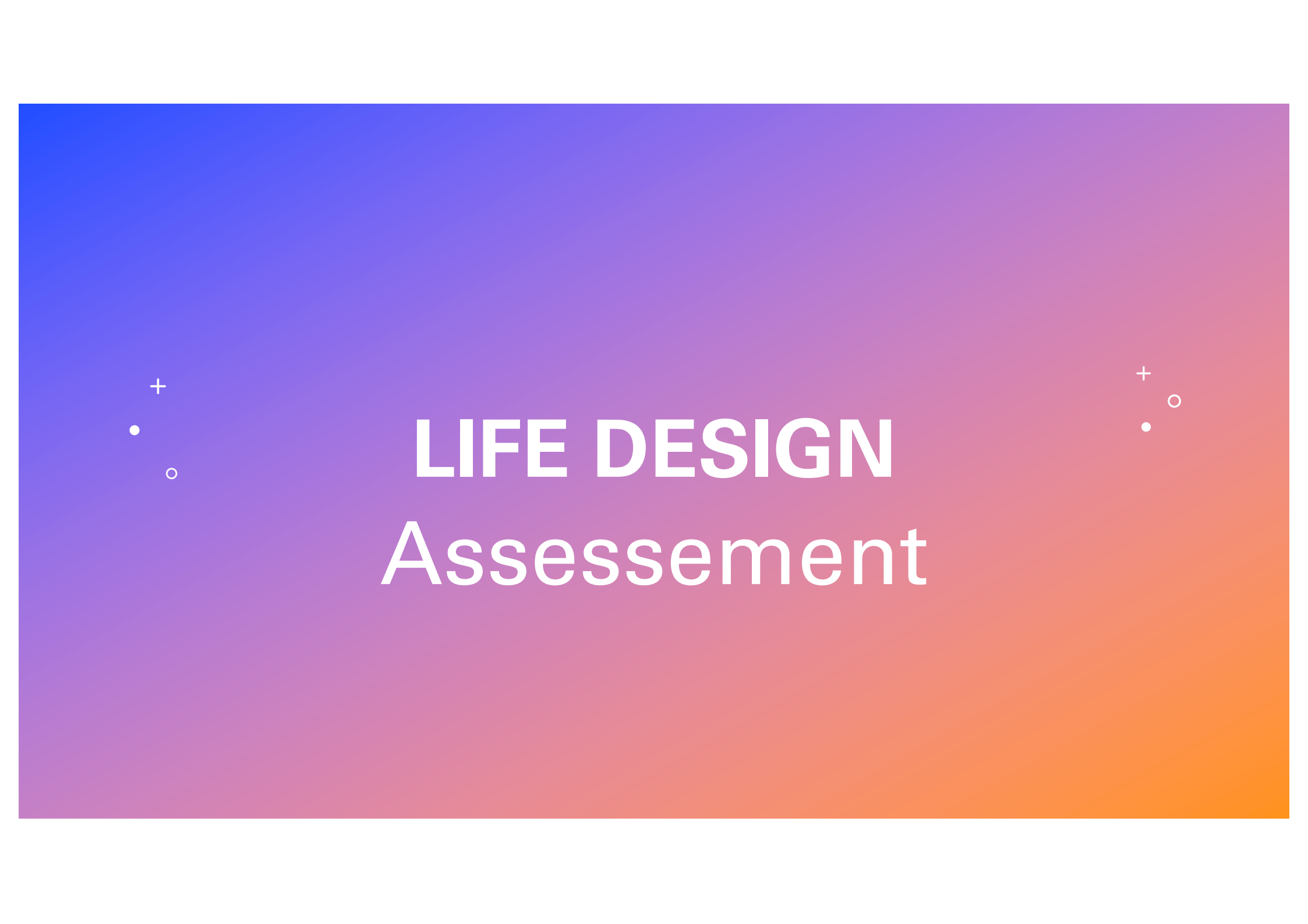
Design thinking



Ideation



Prototype



LIFE DESIGN Assesement



Life design assessment



+

•

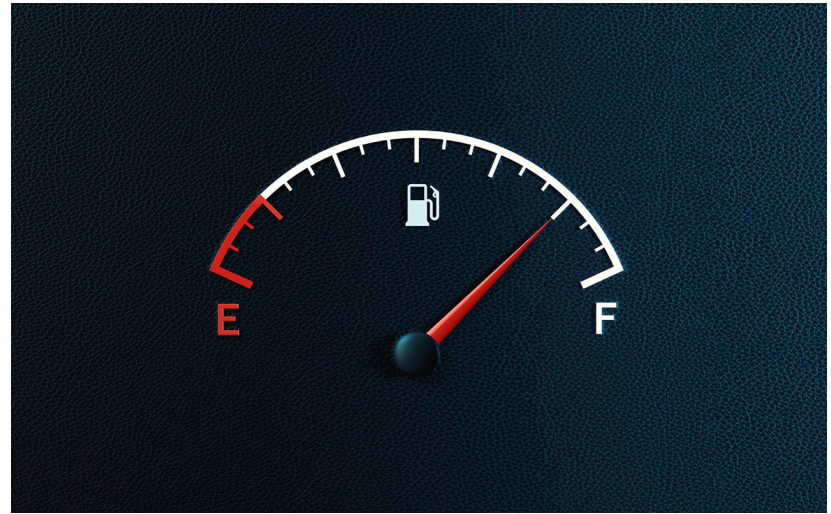
○

Dashboard

+

•

○



Life design assessment





LIFE DESIGN Compass

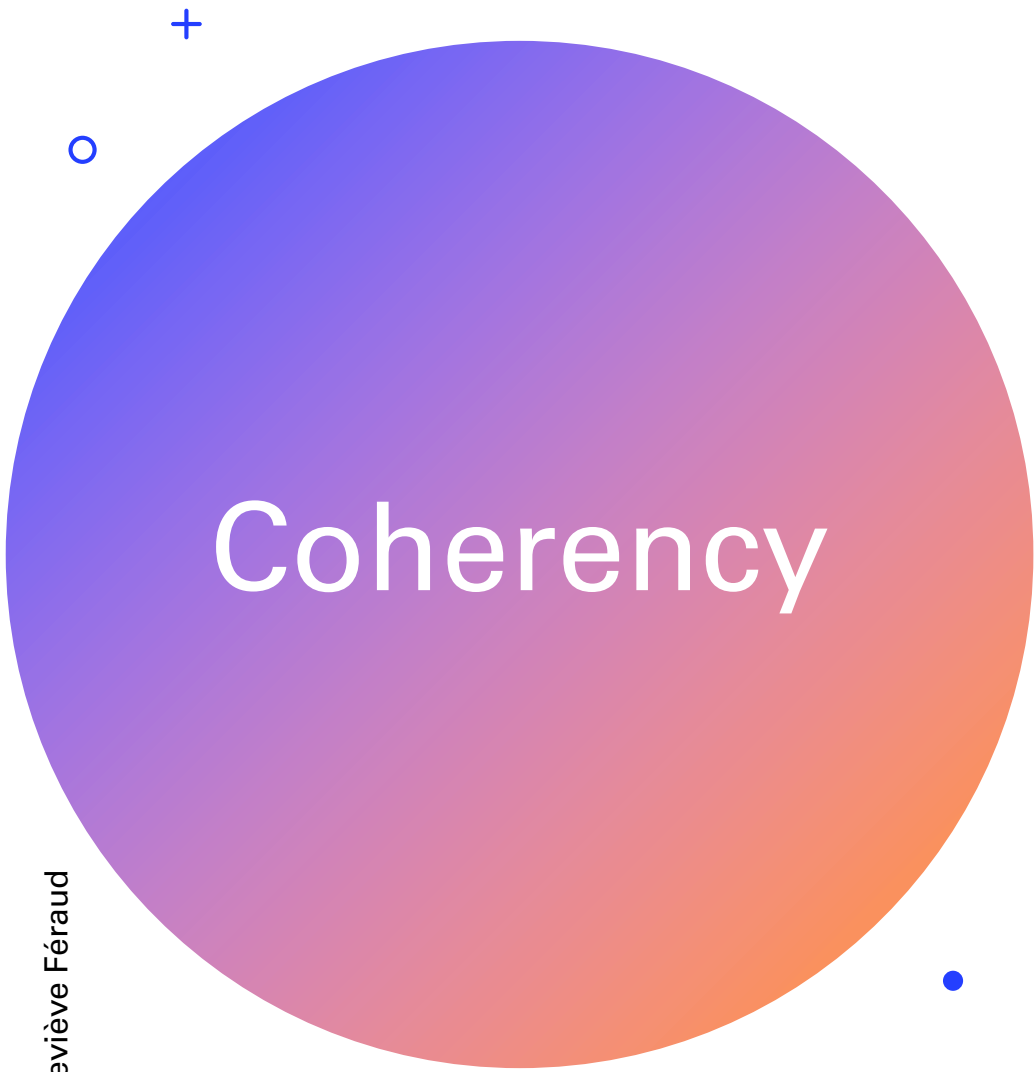
To build a compass

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

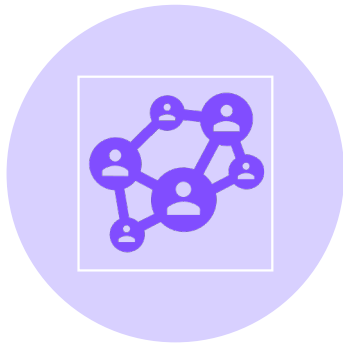
- What is an activity for ?
- Why do you do it ?
- What makes good activity ?



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

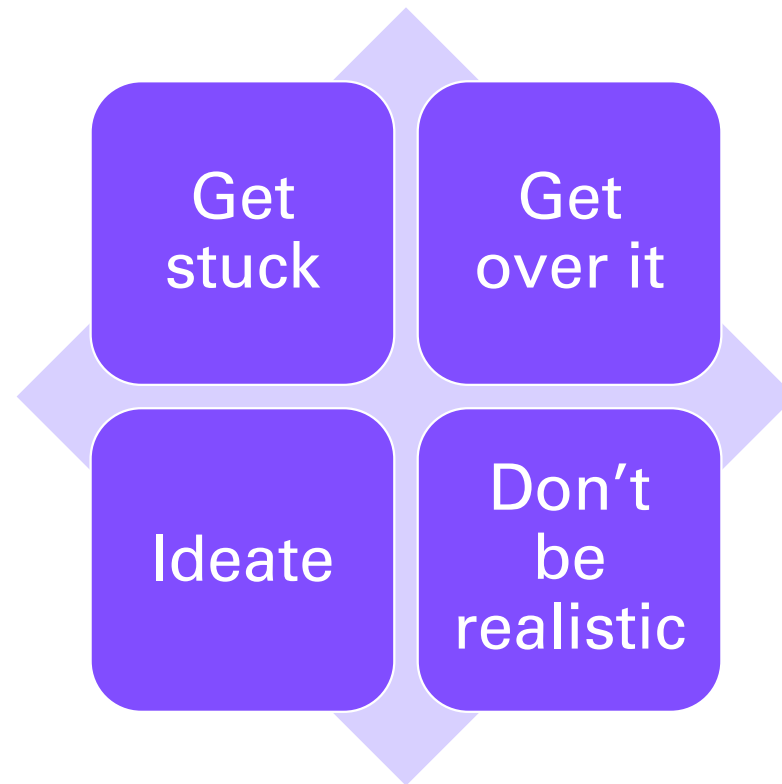


OBJECTS



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



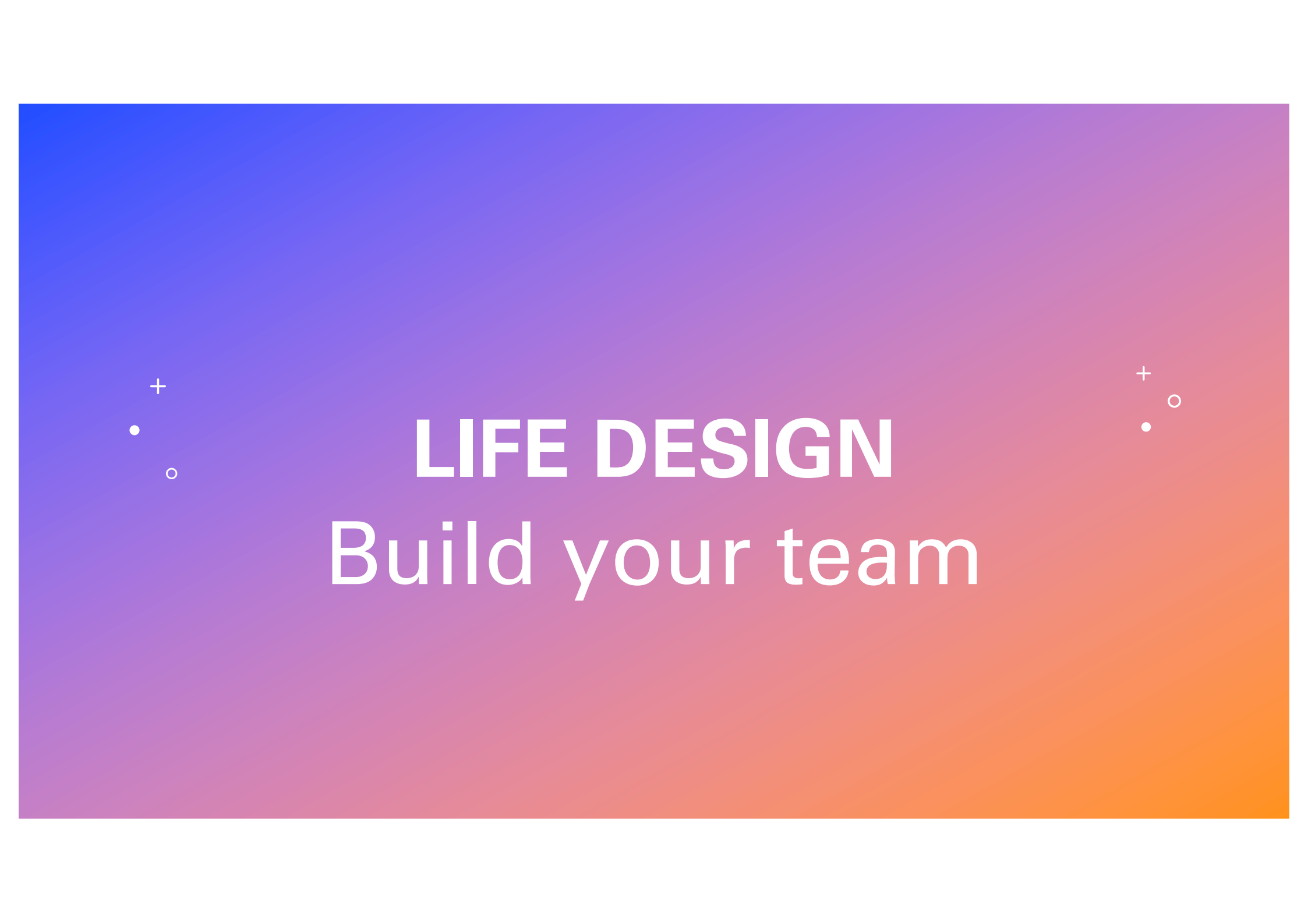
Life design conversations / interviews



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



6 jams on
display

24 jams
on display

stop

buy

40%

13 %

60 %

3 %

Life design choosing process

Gather and create options

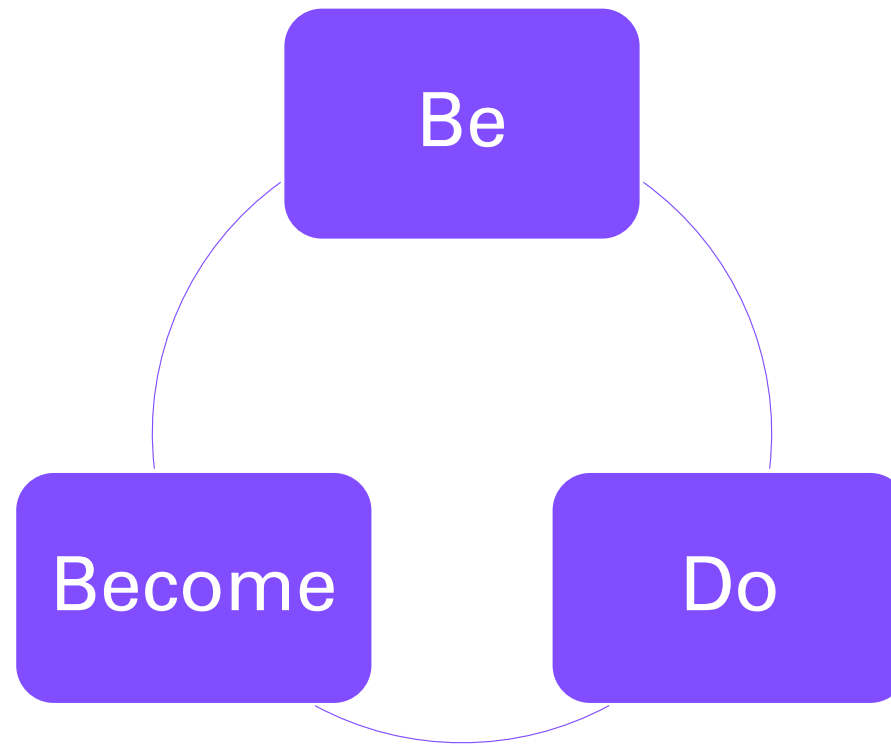
Narrow down the list

Choose discerningly

Agonize

Let go and move on

The productive cycle of growth



10/14/2022

36

LIFE DESIGN

+

○

•

THANK YOU

Geneviève Féraud

genferphoto@bluewin.ch

