



# What Next?

***Learn how to use Design Thinking to take charge of your life!***

This weekend workshop will focus on applying design thinking to help women who are at a point in their life where they feel “stuck” and uncertain of how to proceed. You might be looking at a new career, facing an empty nest, considering upcoming retirement, caretaking for elderly parents, or just lost touch with who you are.

In a small group of 6-10 women, we will explore how to think “differently”, using tools and processes developed by designers to develop innovative solutions to complex problems. We’ll be applying the same techniques here to suggest new ways of looking at your life and undiscovered paths. Participants will develop skills to help them navigate change and imagine multiple ways forward. We will leverage the power of a group in focussed activities to bring multiple perspectives to your own possibilities. While the emphasis for this workshop is on moving forward, sometimes difficult emotions arise. We promise a supportive and safe place to explore ideas for making change and imagining “What Next?”

## ***Sample Topics Covered:***

*Golden Handcuffs and Gilded Cages:* how we become trapped by success.

*Myths Not to Live By:* questioning assumptions —why we make the choices we make.

*Exploring Core Values:* what is most important to you!?

*Redefining the Problem, Clarifying the Opportunity:* what we think we want isn’t always what we really want.

## ***More Information***

### **Location:**

We are planning two separate workshops. The specific locations are yet to be determined, but will be central and easy to access.

North Vancouver: Nov. 2/3, 9:00-4:00

Vancouver: Nov. 16/17, 9:00-4:00

**Cost:** \$850

(may be covered by your benefits package)

### **Workshop Leaders:**

**Marie Watler**, Registered Clinical Counsellor  
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**Jonathan Aitken**, Designer and Facilitator  
[www.tacitdesignstrategy.com](http://www.tacitdesignstrategy.com)

**To register**, go to <https://www.surveymonkey.com/r/NHKNWKW>

**For more information**, go to [www.mariewatler.com/whatnext](http://www.mariewatler.com/whatnext) or contact Marie at [marie@mariewatler.com](mailto:marie@mariewatler.com)