BRIDGAP

Impact Design Coaching

Designing Your Life (DYL) 1-1 Coaching Schedule

Week — Focus of the Week.—Each week combines Knowledge / Applicable tools to DYL

1.
- Understanding the DYL Process (Design Thinking)
- What you will and will not get—But You Are Here
- Good Time Journal / Failure Log

2.
- Discussing Week 1 & Outside work (if Assigned)
- Impact (Motivators) Analysis (not DYL specific)
- Balance, Energy and Engagement

3.
- Discussing Week 2 & Outside work (if Assigned)
- Workview / Lifeview Overview

4.
- Discussing Week 3 & Outside work (if Assigned)
- Idea Generation Mind-mapping (if Assigned)
- Practice Radical Idea Mind-mapping

5.
- Discussing Week 4 & Outside work (if Assigned)
- How to - Odyssey Plans
- Understand Gravity and Anchor

6.
- Discussing Week 5 & Outside work (if Assigned)
- Review of Odyssey Plans
- Impact Mapping & Maker Mix

7.
- Discussing Week 6 & Outside work (if Assigned)
- Odyssey Plans and Prototype Ideation

8.
- Discussing Week 7 & Outside work (if Assigned)
- Continuing Prototyping and Analyzing the Data

*Additional Sessions provided per request, in 30-60 increments.

Program Outcomes

- (3) Three 5-year life/work personal odyssey plans
- The DYL tools and data-supported methodology, that may be used over and over again throughout life planning
- A solid understanding of what in life is obtainable, and how to obtain it.

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