

Course Title

Design Your Longer Life

What to expect

Five steps to building the life that you want.

Overview

Track	Personal Advancement
Instructor	Tomáš Klvaňa
Date	June 25, 2021
Format	One-day workshop
Delivery	On-site
Price	7,500 CZK
Academic credits	N/A
Pre-requisites	N/A
Language	English

Course Description

Due to advances in medicine, nutrition, physical fitness and brain science, we live longer and healthier lives. Our world has been transformed by technology. Yet our framework for life still clings to the outdated 3-stage process (education/work/retirement).

Based on London Business School's Lynda Gratton and Andrew Scott's research, as well as that of other researchers in neuroscience and developmental psychology, the course offers a blueprint for a smarter work/life design. It will show you how to design life that is exciting, productive and multi-stage.



Learning Outcomes

- Learn how the longevity dividend and technology impact productive life in our century
- Use practical understanding of the latest trends to guide participants in designing their smart life designs for longevity and productivity
- Prepare participants for the changes to come to enable them to be in the driver seats of their lives rather than being passive observers

Methodology

The workshop combines lecture sessions, discussions, model exercises and tests. It uses methods of design-thinking, and a combination of in-class learning, with interaction between participants and the instructor, with work on a modern online platform which supplements classes and enables cooperation between individuals and teams.

Schedule and Course Content

Outline				
Morning Session Content	Date	Time	Place	Duration
100-year life Demographic changes and I Longevity and technology Focused discussion	June 25, 2021	9am - 12pm	AAU Classroom	3 hours
Afternoon Session Content	Date	Time	Place	Duration
The basics of design thinking Longevity and brain Multi-stage life Changes to work (the portfolio theory) Quiz Review	June 25, 2021	2pm - 5pm	AAU Classroom	3 hours
Materials	Handouts will be provided at the start of class.			
Lunch Break	Provided for all participants at Café des Taxis.			