



DESIGNING YOUR LIFE

1-HR **FREE** WEBINAR by Mr. Aiken Yuen

From “Planning” to “Designing” A New Approach for Building Life & Career Agility

What will the webinar cover?

- **Why Planning Fails:** Navigating VUCA challenges for self and organization
- **The Stanford Origins:** How the “Designing Your Life” (DYL) movement began
- **The Science:** Underlying pillars of DYL - Designing Thinking & Positive Psychology
- **Interactive Taster:** Hands-on experience with two DYL tools:
 - The HWPL Dashboard
 - Reframing (Unstucking your thinking)
- **The HR Business Case:** Applying DYL for employee retention, engagement and internal mobility
- **Program Preview:** Overview of the 2-day workshop agenda
- **Next Steps:** Enrolment details and Q&A



Facilitator
Mr Aiken Yuen

- 40+ years in Strategic HR & Talent Development
- Former Chief People Officer
- Senior Advisor to CEO & Corporate University Principal
- Experienced DYL facilitator & international HR speaker



Enrol Now



**Cantonese
with English materials**



**13 March 2026 (Friday)
1:00pm – 2:00pm**

