

FIND YOUR WORK-LIFE BALANCE WITH “LIFE DESIGN” with Professor Tanja Lanza

- **Strategist, Educator & Entrepreneur**

THE WORKSHOP

Wouldn't it be more useful and productive to discover what truly makes us happy, recognize our dreams, and stop chasing those of others?

DESIGN LIFE Yes! You don't need to drop everything and open a tropical beach bar. Instead, embark on a path that allows you to find a good work-life balance.

Life Design is precisely this: a method, developed by Stanford University in California, thanks to which it is possible to redesign one's life and fulfill one's calling.



Discover **what truly makes you happy, recognize your dreams** and **stop chasing those of others**, unlocking your real potential.



Life Design empowers you **to design your life** and **fulfill your calling**.

TIME

09.30 AM - 10.30 AM

LOCATION

Frohring Campus, F.1.5