



## An Intro to Life Design

We design gardens, kitchens, houses, apps, and lots of other things. Most of us don't consider designing our lives, though. It seems impossible – there is so much we cannot control, how could we design our lives? More like a garden than a kitchen:

*Life design is a guided, iterative process to create an integrated and meaningful life that allows us to fully thrive.*

This approach to life design allows for a unique way to take charge of the directions of our lives. Life design is grounded in permaculture principles, an approach to growing food that regenerates the soil while generating abundance. It uses these principles to create a living vision that can be adapted as life changes, yet is still clear enough to guide us forward.

After giving a brief outline of life design, we start a visioning process to allow you to sketch what life you long to live and what things are most important to you. Then, we will talk about how we can implement this vision into your life by taking an assessment of where you are; finding strategies to get you closer to your vision; and look at the key ingredients of a timeline.

You will leave this workshop with:

- A sketch of your life vision, including your priorities,
- Guidelines for designing your life based on this vision,
- A powerful process for implementing your design.

*Rachel A. Buddeberg empowers people to create lives and relationships as unique as they are and to free themselves from cultural norms so they can thrive. As an empowerment coach, she offers one-on-one coaching and workshops to guide participants through an iterative design process. This allows them to build sustainability and fun into their relationships, no matter what their level of intimacy, and to lead a life that they love. She combines training in compassionate communication (NVC), philosophy, social psychology, and interpersonal neurobiology to provide powerful tools and skillful guidance to support change. Everything she teaches is grounded in science and was first implemented into her own life, so her methods are well tested in the real world. To find out more about her work, please check out [www.yourlifeisagarden.com](http://www.yourlifeisagarden.com).*

