



LIFE DESIGN

THE MULTI-INTEREST
PLAYBOOK

What

- 90 minutes session on Life Design
- Stories and insights from Sandeep Nanu's professional and personal journey detailing out the impact of concurrent interests
- Interactive with a mix of fun elements



Why

Objective

The "Life Design: The Multi-Interest Playbook" session is designed to empower corporate teams and leadership by demonstrating the tangible benefits of integrating personal interests with professional roles. This session aims to enhance creativity, innovation, and resilience within corporate environments by:

- **Enhancing Creative Thinking and Problem Solving:** Participants will learn how diverse interests contribute to a broader perspective and foster innovative thinking, essential for solving complex problems in today's dynamic business landscape.
- **Boosting Employee Engagement and Satisfaction:** By encouraging the pursuit of personal passions, the session aims to improve job satisfaction, reduce burnout, and increase overall employee engagement, leading to a more motivated and productive workforce.
- **Cultivating Soft Skills:** Through interactive examples and personal anecdotes, the session will highlight how hobbies and interests can develop essential soft skills such as communication, adaptability, and leadership, which are crucial for career advancement and effective team dynamics.
- **Fostering a Culture of Continuous Learning:** The session will promote the idea of lifelong learning, showing how continuous personal development through various interests can be seamlessly integrated into professional growth and development strategies.
- **Driving Innovation:** By connecting personal growth with professional development, participants will be encouraged to bring unique insights and ideas to the table, driving innovation within their teams and projects.



How

Session highlights

- Opening Act: The Magic of Balance - 10 mins
- Capturing Moments: The World Through a Lens - 10 mins
- Cultivating Creativity: Programming at a performance space - 5 mins
- The Power of Voice: The World of Podcasting - 5 mins
- Wild Encounters: The Art of Snake Rescues - 10 mins
- Air Flight: Lessons from sports - 5 mins
- Stand-Up Comedy: The Centre Stage - 10 mins
- Closing Reflections: Integrating Passions with Profession - 20 mins
- Q and A - 15 mins

[More details >](#)

