

Design your Future - Planning a Fulfilling Work and Self-Realisation Experience EPFL Lausanne, 10.06. & 17.06.2024 / ETH Zürich, 18.11. & 25.11.2024 Aif Sika Kuzeawu

Objectives

- Understand what is the formula for sustainable job satisfaction and fulfilment
- Find a reliable guidance in your training and career decisions
- Discover your own values, strengths and talents
- Get closer to your "true self"
- Get to know the career models available for shaping your career
- Draw up an individual concept sketch for the "right" profession

Work style

- Theoretical inputs, individual introspective work, body work, group work, some homework
- Alongside with Psychology and the Arts, be also enriched by the group and by my personal lived experience

06.02.2024 online Kick-off Event













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