



Decision-making: Living Life By Your Own Design Workshop

We are the creators of our lives, and one of the main mechanisms we use to do so is our decision-making. But while we are making our decisions, there are numerous underlying elements that influence that process. Our unique environment and the players in it, our mindset, emotions, rationality, the challenges we encounter, and our personal toolbox. They all impact our ability to create the life and future we desire in supportive and discouraging ways.

By taking a closer look and understanding how these influences specifically impact our state of mind and life path, we can direct them towards a place that aligns with our own personal needs and individuality. We can cherish the influences that support us in reaching our goals and develop solutions for the ones that work against us.

In this workshop, you'll connect with other students around your upcoming life path decision, challenges, and solutions through an interactive, open, peer-to-peer exchange. Together we'll work to gain understanding into your unique decision-making process and all the underlying elements that influence it, and develop personalized and practical tools to tackle your personal challenges so that you can make this decision from a place of ease and confidence.

Examples of themes covered

- Effect of mindset on actions and decision-making (self-motivation vs. fear)
- Impact of and dealing with external influences like judgments and opinions of society, parents, friends, social-media on decision-making
- Relaxing into big decisions
- Decision-making and the pressure of needing to have it all figured out
- Balance between intuition, emotions, and rationality within decision-making
- How do I turn negative experiences and challenges into learning opportunities



This workshop is organized by Global Young Leaders

Global Young Leaders is an organization run for young people by young people. We work with young people from around the world to assist them in creating life by their own design from a place of connection, authenticity, and through developing the tools they need to tackle their important life challenges and decisions. Our programs focus on key topics like decision-making, self-connection, mindset, soft-skill development, and real-world challenges.