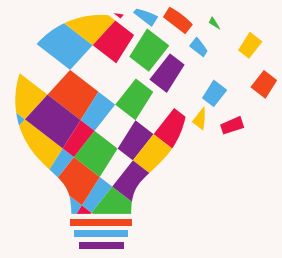


CLASS SCHEDULE

UNLOCK YOUR DREAM CAREER

15 - 19 JULY 2024



M

Day 1: Introduction to Ikigai

- 9 AM - 12 PM CET: Online Class
 - Overview of Ikigai: What is it and why is it important?
 - Historical and cultural context of Ikigai in Japan.
 - The relationship between Ikigai and well-being.
- Afternoon: Self-study with feedback moments

T

Day 2: Discover Your Passion and Strengths

- 9 AM - 12 PM CET: Online Class
 - Identify your passions and interests.
 - Self-assess activities to discover personal interests.
 - Identify your strengths and skills.
 - Understand how your talents align with your passions.
- Afternoon: Self-study with feedback moments

W

Day 3: Find What the World Needs

- 9 AM - 12 PM CET: Online Class
 - Identify what global issues profoundly resonate with you.
 - The significance of making a positive impact.
 - Define who you are in this complex world.
- Afternoon: Self-study with feedback moments

T

Day 4: What You Can Be Paid For

- 9 AM - 12 PM CET: Online Class
 - Turn passions and talents into viable careers.
 - Explore career opportunities.
- Afternoon: Self-study with feedback moments

F

Day 5: Crafting Your Ikigai Blueprint

- 9 AM - 12 PM CET: Online Class
 - Create a personal Ikigai roadmap.
 - Set short-term and long-term goals.
 - Define actionable steps towards achieving Ikigai.
- Afternoon: Hand in your final blueprint