



**REDEFINE
YOUR
CAREER.**

UNSETTLED

LIFESTYLE INCUBATOR

The breakthrough program for redesigning your life framework.



LIFE IS AN ADVENTURE INTO THE UNKNOWN.

*Knowing how to intentionally
navigate towards what you want
next may be the most fundamental
tool you ever learn...*

UNSETTLED

is where your next journey begins.

You worked hard. You did everything you were told. Checked the boxes, one by one, as the years went by. Sure, there were some bumps in the road, but whatever. In the end, you made it. You built a career for yourself, lived the working life, and took your two weeks of vacation a year. You learned how to survive – no, f*ck it, thrive – on your own.

And then, it all seemed to slow down. At some point, you couldn't help but start to wonder, "Is this it?"

We are here to prove that the conventional path is not the only path in life. There is an uncomfortable yet electrifying place between dreams and possibilities, where we believe **big visions** and **bold moves** bring clarity. If you find yourself in that space between ideas and opportunities, then you've come to the right place.

Our Lifestyle Incubator is **not your traditional online course.** It is a highly interactive and collaborative community learning experience designed to **hold you accountable for your growth**, and to put you on the unconventional path to your own version of success.

We are here to offer provocative questions, bold ideas, practical tools, and an inspiring community that will challenge you to *design your next move, and be more intentional* about making a career and lifestyle change.

If you want to get a clearer picture of what's next, learn to reframe your story and trajectory based on what's meaningful to you, and create an independent or unconventional lifestyle that has alignment between your career and your life, then we welcome you to join us.

We look forward to taking this journey together.



Michael Youngblood & Jonathan Kalan
Co-founders, Unsettled



Unsettled is a platform for those who think, live, and work differently.

"One of the most powerful communities I've encountered, and the fact that they did it virtually is extraordinary. I've never experienced a remote community of this depth and insight." - Rebekah Lipsky, COO



An unconventional, interactive, and global 4-week virtual retreat that challenges you to find clarity on what's next.

Unsettled's Lifestyle Incubator program prepares you to navigate through your next stage of life with intention and clarity.

Through original workshops, frameworks, assignments, and peer-to-peer conversations, we will guide you through the essential tools for navigating uncertainty, the processes for digging deeper into your biggest questions, and the personal frameworks for planning and setting clear intentions for the choices you make that define who you are and what you do.

You will identify the core tensions between the lifestyle you want and the career trajectory that aligns your values, interests and skills, and set a course to move into action.

DEADLINES & PROGRAMS

Visit www.lifestyleincubator.com for latest deadlines and upcoming dates.

COMMITMENT:

This is an investment in your future. We recommend dedicating ~8 hours per week; 4 hours of live sessions combined with optional office hours, offline tools, conversations, and exercises.

CONTACT:

Drop us a line at lifestyle@beunsettled.co for more details or to schedule a free introductory call.

PROGRAM ELEMENTS



15 Hours of Original Workshops and Live Sessions

also recorded and available for download after each session.



24/7 Community Platform

connect, share, and reflect daily with other professionals from around the globe.



10 Offline Exercises

Frameworks and Assignments that support your journey and can be used for a lifetime of learning.



8 "Open Office Hours"

for facilitated and peer-to-peer conversations around the topics and themes we're discussing.



1:1 Session with one of your

Unsettled facilitators to dive deeper when you feel close to a breakthrough.

This is not a program about answers. It's a course on navigating life's biggest questions.

The Lifestyle Incubator Approach & Methodology

We are a company rooted in questions. You will find zero sweeping promises of helping you land your dream job, getting that promotion, or finding your higher purpose in life. There are no one-size-fits-all prescribed answers to life's biggest questions.

This is about **experimenting with life as a process**. It's about developing and practicing the **essential tools for navigating uncertainty**. And it's about doing with with a highly **collaborative, global community** where we cut the BS and answer the question "**What's next for me?**".

By the end of this program, you will have the ability to articulate **what it is you want**, you'll have **designed a vision** for what that looks like, and you'll have an **actionable plan to begin to take steps every day** to get you closer to alignment between your career and your life.



*...I shook up my routine and got my s*** together on some major life decisions. I gained eye-opening perspectives from a group of bright, driven and creative professionals from all over the world.*

— Roxana Balzac, Director of Corporate Strategy,
Grupo Ferré Rangel

UNSETTLED'S ALUMNI NETWORK SPANS...

...80+ Countries



43% North American



25% European



32% African, Asian, Middle Eastern & Latin American

...1000s of Professions & Careers

Marketing | Finance | Human Resources | Hospitality | F&B | Energy | Management Consulting | Education | Design | Coaching | Technology | Engineering | Urban Planning | Legal | Media | E-commerce | Real Estate | Organizational Innovation | Change Management | Innovation Consulting | Accounting | Nonprofit | Venture Capital | Healthcare | Startups & More...

...With No Age Limits.



We've designed this journey to push the boundaries of your thinking in three parts:



PHASE 1

Radical Self-Awareness & Inquiry

Exercises to promote radical self-awareness so that you can better understand your values, goals, and interests.



PHASE 2

Lifestyle & Career Design

Frameworks and tools for visioning, mapping, and navigating lifestyle and career design decisions, using the insights and discoveries gained through Phase 1.



PHASE 3

Experimentation & Practice

Tools for you to close the gap between where you are today and where you want to be in the future.

Your one-month plan of action...

Since 2016, Unsettled has taken over 2,000 participants on a journey that's allowed them an intentional pause to think more deeply about the question "What's next for me?".

This process behind Unsettled has brought us to lead over 100 experiences in 20+ countries, win awards from the United Nations and recognition from publications like The New York Times, and build a global community of professionals who have all set out to redefine their careers, redesign their lifestyles, and recreate alignment between their work and life.

This is how we do it.

I. Radical Self-Awareness & Inquiry

Exercises to promote radical self-awareness so you can better understand your values, goals, and interests.

The tools and exercises in this section are designed to help you connect to how you've made decisions in the past and to help each of us build up a practice of self-assessment around our values, interests, lifestyle preferences, and working styles.

This is valuable information when making decisions moving forward. The goal here is to know how to stay more connected to what you want and what will work for you.

Our desire for change is often rooted in an evolving definition of ourselves. Something in our lives changes or grows, and in doing so it shifts our personal frameworks, priorities, and even definitions of success. You find yourself in a state of transition or upheaval. Being deeply aware of your interests, values, and lifestyle preferences will have a direct impact on how you will define and shape your transition. Self-awareness and a process of radical self-discovery lead to better alignment between our work lives and our lifestyles, helping us to design our external world to fit better to what works for us internally.

Cultivating a sense of self-awareness around how and why we make decisions is the perfect starting point and necessary foundation for intentional growth.

Live Sessions & Frameworks: *Life Journey Mapping, Impact Timeline, Ikigai*

II. Lifestyle & Career Design

Design tools to make use of what you are learning about yourself so that your lifestyle reflects what matters to you.

In this phase, we will work with frameworks and tools for visioning, mapping, and navigating lifestyle design decisions, using our insights and discoveries about who we are and what we need / want in life. The goal is to design a plan for where you want to go and how you can start to get there.

It should come as no surprise that at Unsettled we believe our careers should support and enhance our lifestyles. We do not see a separation between work and life. There is no “work/life balance” to be sought, only integration of our careers into our lives so that they serve the same end. An integrated answer to the question, ‘What do you want out of your one short life on this planet?’

We often think our lives as defined by the major decisions. Yet true momentum is built one choice and one decision at a time. With a seemingly infinite realm of opportunities and decisions we face each day, all decisions benefit from being guided by a sense of purpose; a blueprint of how to get what you want out of life.

To be intentional about our choices is to take control of our lives. Like most things with lasting value, to build anything requires that you have a vision, a design, and a plan for how you will build it.

Live Sessions: & Frameworks: *Process Statement, True North, Expectation Mapping, Life Compass Pt 1 & 2*



Unsettled's Lifestyle Incubator taught me...

About my behaviors and tendencies that have taken me off course from reaching the life of my dreams. I was able to uncover incredible insights about my own patterns, justifications, and fears that have unknowingly guided my journey thus far. The self-knowledge gained during these exercises is more valuable than I can put a number to...
-Jenna Pettit, Client & Curriculum Development, Yale School of Management

III. Experimentation & Practice

A framework to help you convert that knowledge into action so you can start closing the gap between where you are and where you want to be.

The exercises, concepts, and tools in this phase are meant to give you new approaches for taking small steps that move you in the direction you want to go.

When we say “life is an experiment” we mean it in the truest sense. We want to push it beyond a series of random experiments and see if we can create more targeted scenarios for evaluation. It’s an experiment within your life’s vision. A process of trial and error, discovery and reflection, we must go through before understanding what works for us.

You will learn our approach of how to conduct small experiments throughout life, anytime you are asking, “What’s next for me?”. How to track your progress, stay on course, evaluate decisions, and make micro-adjustments when necessary based on formulating the right questions and having a bias towards action.

Live Sessions: & Frameworks: *Life Mapping Pt 1 & 2, Experimentation & Accountability Framework, Monthly Process Sheet, Reflection.*

“I realized the concrete disconnect that exists between how I think about my life and how I am actually living it. During the course, assumptions and misalignments became visible, clear, but most importantly, actionable. This course is not about getting definitive answers, but about understanding what is needed to achieve them.”

- Alberto Rigau, Designer

What We Expect From You...

At Unsettled, we believe that life is an experiment -- a constant journey of growth and discovery, not a single destination to be reached. When we started this journey as a company, we began by aligning around a simple set of shared values to support us through experiments in life and work.

Every Unsettled Experience is a co-created journey with a shared set of values. These 5 principles, specifically designed for our virtual community, are here to help guide your Unsettled experience and help you make the most of the process ahead.

1. Radical Openness

This entire process starts with you showing up committed to being open - open to different perspectives, open to self-exploration, open to new experiences, open to being uncomfortable or vulnerable, and open to experimentation. Radical openness is both a way of behaving and a state of mind. It is a key tactic for tackling obstacles and tensions that are bound to arise as we redesign our trajectories.

2. Non-Judgement

It's very hard to be open if we are afraid of being judged. By offering each other a safe and nonjudgemental space, we commit to getting the most value out of our time together. The same goes for judging ourselves. A judgement free environment means we respect that each one of us is on a unique personal journey. We don't take things personally, we accept differing opinions, we take time to respond thoughtfully, and we make sure it's always safe for us to go deep.

3. Participation and Contribution

The more you show up, the more you will get out of this experience. This time has the opportunity to be a transformative experience that changes something within each of us... but only if we actively participate. Staying present and engaged is key to anything you will get out of this time: your experience will be built upon your participation. So show up as fully as you can in each moment. Remember, everyone has something valuable to contribute, including you.

4. Accountability

Accountability is about ownership. You signed up to be here, and while there is some collective accountability and responsibility, the only person who will be on this journey with you for every single step is yourself. You are ultimately responsible for keeping yourself accountable.

Accountability is an invitation to be there for yourself and for others. To show up, to do the work, to set aside the time. This makes the difference between progress and stagnation. Know that it is on you to look for solutions, and assume responsibility. Own your journey and don't short change yourself.

5. Embrace The Unknown

To live Unsettled is to become comfortable with the unknown. To explore new opportunities. Take risks. Push your boundaries and stretch your imagination. Say yes to new ideas. Sit with the discomfort and look for the unique value in it. Understand that not knowing everything is part of the fun.

Most Common Questions About The Lifestyle Incubator.

1.) What is a Virtual Retreat format?

A Virtual Retreat is a lot like an online course, however, it's much more collaborative, interactive, and it's a shared experience. Like our regular Unsettled retreats, we create an environment where people can connect and find as much meaning and growth from the connections they make as the content and structure we provide. All content will be delivered digitally, through a mix of live video conferences, recorded sessions, offline exercises and tools, and a community chat and content sharing platform that will be active throughout the experience.

2.) Who typically joins? Does everyone finish?

Unsettled's Lifestyle Incubator is for early-to-mid, and even late-career professionals who are looking to redefine their career trajectory, and find better alignment between their lifestyle, values, and career.

We don't care where you've worked, where you went to school, or what professional field you're in. What we do care about is that you are looking to be intentional about your next steps in life, and are looking for a diverse and supportive community to navigate the uncertainty ahead.

We've hosted a remarkably diverse community of participants from dozens of countries who span industries, professions, and personal journeys that brought them here, ready to be intentional about how to continue building their lifestyles and careers.

Over 90% of participants have completed.

3.) What is the time commitment & scheduling like?

The Lifestyle Incubator is an investment, so you should carve out the time to take it seriously. You should expect to dedicate ~8 hours per week. Not all of this is live: there will be two live sessions per week (~2 hours each), two optional "office hours", and 1-2 offline assignments will be delivered throughout each week.

The program is designed to be spread out throughout the weeks with some light weekend and evening commitments.

While the actual schedule differs for each program based on participant's time zones, Live Sessions will take place approximately:


- On Sundays around 3 PM GMT / 11 AM ET*
- On Thursdays around 4 PM GMT* / 12 PM ET with a second option if time zones necessitate.

Optional Weekly Check-Ins, ~1 hour each, will take place approximately

- On Tuesdays around 9 AM GMT with a second option around 8 PM ET*

**All times are approximate, and will vary based on each program's participant's time zones .*

All Live Sessions are recorded for access afterwards.



"...I met a whole group of unique, enriching and amazing human beings with whom I had the deepest and most interesting conversations I've had in a long time..."

4.) Is this about my lifestyle, or career?

We don't see the difference. If 30% of your entire life is spent working (that's 90,000 hours for the average person), then we see the two as intrinsically linked. You don't have a work self and a non-work self. You have your entire self, and that's how you want to show up each day. Our approach to designing a lifestyle and career - whether your looking to gradually or radically change one or the other - is to identify the tensions, challenges, and opportunities within both.

5.) Can I do this with a full-time job?

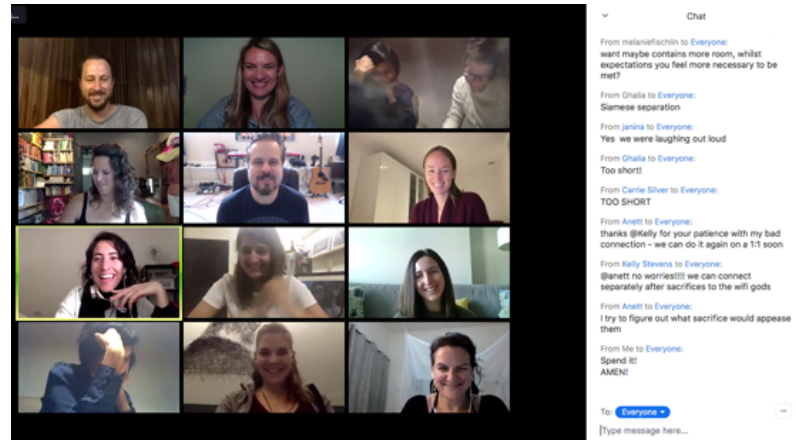
Yes. We've designed this program to be flexible and adaptable for those working full-time. If you have a hard deadline or miss a session due to work commitments or a pain-in-the-neck boss, it will always be available for download later.

6.) What type of content and structure should I expect?

The Lifestyle Incubator is an interactive and workshop-based approach to self-inquiry and lifestyle and career design. This means that the content is based on exercises, worksheets, and facilitated discussions that instigate questions, reflections, and planning towards the lifestyle and career you want for yourself next.

You can expect moments of self-reflection, talks led by the Unsettled team, and interactive sessions where you will share, contribute, and partner up with other participants in the retreat.

We've designed this program to be flexible but thorough in its delivery. There are plenty of extras we'll be throwing in, and as always with Unsettled, it will be a co-created and iterative experience, meaning we design for you - the participant - to get the most out of the program, and will adapt based on what we discover along the way.



7.) What's the tech like?

Your technology needs for the month are pretty simple and straight forward:

- Access to a computer and reliable internet (at the times above)
- The ability to run Zoom, a popular video conferencing app that's easy to download on nearly every device and in most countries.
- Slack, a simple group communications platform that's easy to understand and use, whether it's your first time or you use it 100 times/day.
- A working microphone and camera on your device.

8.) What happens to the community afterwards? Do people stay in touch?

Absolutely. After such a strong shared experience, people tend to stay connected for well after the actual program ends. We leave the communications platforms up, and invite participants to join our 2,000+ community of Unsettled alumni from 80+ countries and all of our in-person and virtual retreats.

We have an alumni-only Facebook group, LinkedIn group, newsletter, informal meetups in the real world, and even alumni-gearad adventures and experiences like sailing and summits. Unsettled is a global community, and a network of incredible professionals living unconventional lives that can benefit you whichever path you choose after the program.

Alumni Spotlight

Claire Hobden
International Development Expert



Unsettled taught me... to use my life as a testing ground. When I found Unsettled, I was seriously considering taking a leave of absence, after 10 years working for my organization, and 15 years on a pretty singular career path. I'd always said my work was my calling, but it started to feel like I was treading water, getting more and more bogged down each day. As much as I felt the urge to change things up, it felt inconceivable to move on from it. I thought I was going to have to cut off the limb to save my life. But Unsettled taught me to break the problem down into its parts, develop some hypotheses of what might help to fix those pain points, and find ways to test out those hypotheses, quickly and effectively, before making any big decisions. **In the end, I figured out I didn't need to quit my job to be happy. I just needed to change the rules of engagement.**

Unsettled inspired me to... see my life as a playground. One of those big ones in the corner of a park, with lots of different activities to choose from: monkey bars, a slide, a swing-set, an obstacle course and a tree-house in the woods nearby. Not that life is always going to be fun... I think we are old and wise enough to understand that. But it is amazing how much richer and more fulfilling your life gets when you've explored each area of it as if it were game.

Unsettled changed my view on... what it really means to live unsettled. I thought it meant you had to quit your job. Start that new company. Take that year off and travel the world. Give up your security blanket and go streaking through the town square. Spoiler alert: you don't have to do any of those things. In fact, living unsettled doesn't have a fixed, predetermined outcome. Now I view "living unsettled" as a way of being and engaging with the world. **It means keeping your eyes, ears and mind open to opportunities, people, ideas and experiences, and taking them with both hands.** And that's something you can do from anywhere.

Because of Unsettled... I feel more equipped to live in line with my own core values, and to regularly check-in on how that alignment is doing. Having that tranquility on the inside makes every decision easier, but it especially makes it a whole lot easier to take risks.

Unsettled surrounded me with... opportunities. You know that saying, "if the only tool you have is a hammer, you treat everything as it were a nail?" Well, if you've seen the world through the Unsettled lens, everything looks like an opportunity... for growth, connection, and exploration.

The Unsettled Community... is your global, personal, cheer-leading squad, committee of experts, and travel guide. You'll never again wonder if you have a contact in country X. Or if anyone in your network can help you learn how to do Y. And will always find someone to have a virtual coffee/drink with you if you need a boost to get you to Z.

Alumni Spotlight



Lisa Seidel
Entrepreneur, Photographer, Qualitative Researcher

The Unsettled Lifestyle Incubator surrounded me... with motivated, successful, and smart people from around the world. Together, we had the freedom to be completely honest in a way that is sometimes easier with strangers. The leaders are remarkably adept at turning 25 faces on a screen into friends chatting and challenging each other to live their best lives. Through this community I was able to be vulnerable, change my vision of my own contributions to the world, challenge others, and reflect for people all that they are capable of. At least four people quit their jobs during our retreat. It was a profound experience that will shape my thinking, living, and goals for a long time to come—it's already got me questioning and making changes in how I think about my job, where I live, and what I want in the future

Pick a month where you have some time to dive in, where you can take the space to do the exercises, connect, and be a part of as many seminars as possible—then do it. **There's a zero percent chance that you won't learn a lot about yourself.**

Rebekah Lipsky
Strategy & Operations Consultant (Ex-McKinsey)



*Unsettled's Lifestyle Incubator taught me...*that having a strong process in place for moving through life is the most important element to creating the life I want. Learning their process makes me feel empowered to create what I want, now and into the future.

Unsettled surrounded me with... one of the most powerful communities I've encountered, and the fact that they did it virtually is extraordinary. I've never experienced a remote community of this depth and insight.

Anything Else?

Unsettled's Lifestyle Incubator blew me away. Having done an in person Unsettled retreat, I was shocked at how they were able to replicate the magic, insight, energy, and community through a remote experience. If you've ever wanted to live Unsettled, but can't travel right now or are **hungering for clarity and inspiration on your next steps – sign up!**

***"Unsettled, to me, is to 'un' everything;
unconform, unconstruct, unwind,
unwork, unlearn, unadult, unthink life.
Just flip it upside down and see what
happens. Be unconventional."***

-Matthew Nkala, Digital Strategist, South Africa



Follow your true north.



LIFESTYLE INCUBATOR

[Start Your Journey](#)