Recently density functional theory (DFT) based two-channel lattice dynamics (LD) has emerged as a powerful tool to predict the thermal conductivity of materials ranging from crystalline to disordered. Within this framework, heat conduction can be thought of transporting through (i) the common phonon-gas channel (diagonal) and (ii) the diffuson channel (off-diagonal), which combine additively. We show how two channel LD predicts that the diffuson channel dominates in thermoelectric Yb14(Mg,Mn)Sb11 above room temperature. More importantly we demonstrate how this tool can provide rational design principles for the diffuson channel and therefore provides a clear avenue to engineer the thermal conductivity of disordered and amorphous materials.