

The Life Plan Masterclass - Shannah Kennedy

COURSE

In today's rapidly changing world, achieving clarity, purpose, and direction is essential for personal and professional fulfilment. Shannah Kennedy's "The Life Plan Masterclass" is an interactive workshop designed to empower individuals to review, reset, and refocus their lives. By delivering fundamental life and wellness skills, this masterclass provides participants with the tools to build a comprehensive life plan, fostering calm confidence and structured success.



About This Course

The Life Plan Masterclass focuses on simplifying life, creating structure, and achieving success in a dynamic environment. Key topics include:

Simplify:

Self-connection, discovering core values, and decluttering.

Structure:

Vision creation, quarterly goal setting, and power planning your day.

Succeed:

Developing a self-care toolkit, defining success, establishing daily routines, and practising gratitude and journaling.

Participants will learn to master their own life plans, avoid burnout, and live with a foundation of self-care routines for optimal living.

About the Presenter:

Shannah Kennedy is one of Australia's foremost strategic life coaches, specialising in executive strategy, transition, values, vision, overcoming burnout, and life planning. With over 20 years of experience, she has worked with senior executives, elite athletes, entrepreneurs, organisations, teams, and individuals seeking balance and purpose. She is the author of the global bestseller "The Life Plan – Simple Strategies for a Meaningful Life" and is known for her practical approach to life planning and self-management.



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Why This Course Will Benefit You:

Engaging in the Life Plan Masterclass offers numerous advantages:

- **Clarity:** Identify your true self and core values.
- **Purpose:** Create a clear vision and set achievable goals.
- **Structure:** Implement daily routines and strategies to stay focused.
- **Well-being:** Develop self-care practices to maintain mental and physical health.

By participating, you'll gain the skills to navigate life's changes confidently and create a meaningful, purpose-driven life plan.

