

The Life Plan Masterclass with Shannah Kennedy

COURSE

Discover how to simplify, structure, and succeed by designing a life plan that brings clarity, calm, and purpose, personally and professionally.



About This Course

In a fast-paced and constantly changing world, clarity and direction are key to living with purpose and balance. In this empowering masterclass, Shannah Kennedy, one of Australia's leading life coaches and author of the global bestseller *The Life Plan – Simple Strategies for a Meaningful Life*, guides educators through a process of reviewing, resetting, and refocusing their lives.

Through reflective exercises and practical strategies, participants will learn to simplify what matters most, create structure around their goals, and develop the self-care foundations needed for long-term success and well-being.



Learning Objectives

By the end of this course, educators will be able to:

Simplify Their Focus:

Reconnect with their core values, declutter commitments, and gain clarity on what truly matters.

Build Structure for Success:

Design a life vision supported by achievable quarterly goals and practical daily routines.

Develop Self-Care Systems:

Create a personalised well-being toolkit that sustains energy, balance, and confidence.

Live with Purpose:

Align actions with values to cultivate fulfilment both in and beyond their teaching role.



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Why This Matters for Educators

Educators give so much of themselves to others, this course helps them realign their own priorities and well-being. The Life Plan Masterclass supports teachers and leaders to:

- **Prevent Burnout** – Build boundaries and habits that protect mental and emotional health.
- **Enhance Productivity** – Use power planning and goal setting to achieve focus and flow.
- **Strengthen Self-Awareness** – Identify personal strengths, challenges, and sources of motivation.
- **Rediscover Balance** – Integrate gratitude, journaling, and mindfulness into daily life for lasting fulfilment.

About the Presenter

Shannah Kennedy is one of Australia's most respected and sought-after life and executive coaches, with over 20 years of experience helping people create meaningful and sustainable success. She has worked with senior executives, elite athletes, entrepreneurs, and educators to help them clarify their purpose, overcome burnout, and live with calm confidence.

As the bestselling author of *The Life Plan* and other acclaimed works on well-being and performance, Shannah is known for her warm, practical, and strategic approach to helping individuals live intentionally and thrive both personally and professionally.

Perfect For

Educators, school leaders, and well-being practitioners who want to:

- Create a clear personal and professional vision for the year ahead.
- Develop structure and systems to support balance and success.
- Strengthen self-care and avoid burnout in demanding environments.

