

Crafting Your Best Decade with Ryan Fahey

COURSE

Learn how to design a decade filled with purpose, wellness, and growth, building the mindset and habits that help you thrive both personally and professionally.



About This Course

Teaching and leading in today's world requires adaptability, balance, and vision. In this inspiring and practical session, Ryan Fahey, international speaker and wellness leader, shares proven strategies to help educators and individuals create a life of sustained growth and well-being.

Drawing from his book *Your Best Decade* and his years of work in wellness and leadership, Ryan provides actionable tools to help you reflect, plan, and grow. This session focuses on intentional living, crafting a clear vision for your next decade while developing the habits and systems that bring that vision to life.



Learning Objectives

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

Enhance Personal Wellness:

Apply practical strategies to strengthen mental, physical, and emotional health.

Foster Continuous Growth:

Use reflection tools and planning frameworks to remain adaptable and forward-focused.

Develop Leadership Skills:

Cultivate habits that inspire others and build positive influence in schools and communities.

Design an Intentional Future:

Create an actionable wellness and growth plan aligned with personal values and long-term purpose.





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Why This Matters for Educators

A thriving educator is an inspired educator. This course empowers participants to:

- **Prevent Burnout** – Build self-awareness and systems that sustain well-being over the long term.
- **Lead with Purpose** – Bring clarity, energy, and motivation into daily practice and decision-making.
- **Inspire Students and Colleagues** – Model personal growth, reflection, and resilience as essential life skills.
- **Balance Life and Work** – Learn how to align priorities for both professional success and personal fulfilment.

About the Presenter

Ryan Fahey is a two-time author, speaker, and global leader in the fields of wellness, leadership, and personal development. Originally from Nova Scotia, Canada, Ryan has worked extensively in education, sport, and leadership across multiple continents, helping individuals and organisations unlock their potential.

His latest book, *Your Best Decade*, offers a blueprint for designing a decade defined by clarity, wellness, and achievement. Ryan's mission is simple: to empower people to live with purpose, resilience, and balance.

Perfect For

Educators, leaders, and professionals who want to:

- Reignite motivation and direction for their next phase of life and career.
- Strengthen wellness and personal leadership.
- Build a roadmap for sustainable success and fulfilment.

