



Kennedy & Co Leadership

Lead with clarity. Move with purpose. Transform with confidence.

Coaching for professionals ready to realign their leadership with who they are and what they're here to do. Whether you're at a crossroads or stepping into something bigger, we help you lead with clarity, courage, and momentum.

Our Programs

1:1 Executive Coaching



Strategic, high-impact sessions for leaders who need immediate clarity and action. Perfect for navigating big decisions, transitions, or oh-no-I'm-in-charge moments.

CORE (4 Weeks)



A 4-week accelerator to sharpen focus, reset priorities, and strengthen leadership foundations. Designed for high-performers who want clarity, fast.

Authentic Leader (8 Weeks)



Confidence meets authenticity. This program helps you lead with presence, own your voice, and build trust; without faking it.

SHIFT (12 Weeks)



Our signature transformation program. SHIFT supports professionals ready to move from burnout or "blah" into clarity, purpose, and sustainable momentum.

SHIFT Lab (10 Months)



Long-term leadership evolution. SHIFT Lab blends coaching, peer learning, and real-time application for leaders ready to embody their next level.

Who We Work With

Our clients range from newly promoted managers to seasoned executives but they all share one thing: they're ready for real change.

- **Emerging leaders** who want to lead with authenticity, not Imposter syndrome
- **High-performers** who feel stuck in the success they worked so hard for
- **Senior execs** ready to lead with purpose, not just performance metrics
- **Nonprofit & mission-driven leaders** seeking clarity without compromise

What to Expect from K&Co

We don't hand you fluffy inspiration. We partner with you to create real, lasting transformation.

- **Tailored 1:1 Coaching** – Focused on your challenges and goals
- **Leadership Tools & Frameworks** – Practical. Actionable. No buzzword bingo.
- **Peer Learning** – Small, curated cohorts for reflection and accountability
- **Clarity & Confidence** – Our clients leave with bold direction, not just better time-blocking

Why Work With Us

We don't do generic advice or vague inspiration. Our coaching is built around three principles:

- **Clarity:** Know exactly what matters and what to do next
- **Momentum:** Move forward with bold, focused action
- **Sustainable Transformation:** Make changes that stick, even after the program ends

Program Investment

Leadership development is a commitment of time, energy, and resources. We work with partners and sponsors to keep our programs accessible.

Program rates:

CORE	4 weeks	\$950
Authentic Leader	8 weeks	\$3,500
SHIFT	12 weeks	\$4,500
SHIFT Lab	10 months	\$10,000

We'll help you find the right fit, both financially and professionally.



“My coach helped me get clear on what I really wanted and gave me the space and tools to go after it without apology.”

Frequently Asked Questions

- + **What's the time commitment outside of sessions?**
Expect 1–2 hours per week for reflection and application. Longer programs like SHIFT Lab may include optional peer learning (3–5 hrs/month).
- + **What kinds of challenges can coaching help me with?**
Everything from navigating career transitions to managing burnout, difficult teams, or imposter syndrome. If you're stuck, we'll help you move forward both clearly and confidently.
- + **What results can I expect?**
Greater clarity. Stronger decision-making. More confidence and authenticity. Many clients also report deeper leadership impact, new habits, and expanded networks.
- + **How long is each session?**
1:1 coaching: 60–90 minutes
Group sessions: 75–90 minutes
- + **How big are the group cohorts?**
We keep cohorts intentionally small (8–20 people) to foster trust, connection, and actual depth, not just networking for the sake of it.

Ready to Lead with Clarity?

Book a free 30-minute discovery call to explore the program that fits you best.

You'll meet with Shanna, Executive Coach at K&Co Leadership, to get clear on your goals and how we can help you reach them.

[Schedule](#) >>>



<https://zcal.co/kennedyandco/discoverycall>
hello@kennedyandcoleadership.com