



HOW STRATEGIC PLANNING GAVE SARAH CONTROL OVER HER SCHEDULE

Financial Planning Case Study

Dr. Sarah Morgan, a 48-year-old full professor and department chair of Biomedical Engineering at the University of Michigan, found herself juggling multiple high-stakes responsibilities in both her professional and personal life.

Faced with the challenges of maintaining a productive research career, advancing her department, and raising two teenagers, she struggled to manage her time effectively. She sought a solution that would allow her to define her priorities and feel confident in her ability to execute them.

OBJECTIVES



Defining clear priorities to balance administrative, research, and teaching responsibilities.



Developing a comprehensive financial plan to cover future expenses.



Reducing stress and increasing clarity with a structured approach to professional and personal tasks.



Strategically optimize financial security through estate planning and college savings accounts

Achievements



Implemented time management tools and delegate burdensome administrative tasks to an assistant.



Organized workload and research focus, leading to an additional funding to expand research projects.



Opened a high-interest savings account to prepare for emergencies and reduce financial stress at home.



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Increased her 403(b) contributions, and her spouse opened a separate retirement account aligned with her employer's savings plan.

Key Results



Retirement savings contributions increased by **10%+**



Identified available paid sabbatical time for future career planning and personal development, totaling

12 weeks



Recouped time to focus on family time together and her newest research project, saving

12 hours per week



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