



the seven minute life®

WORK/LIFE BALANCE FOR SMALL BUSINESS OWNERS



REGISTRATION DETAILS

\$_____ per person

7 - Weeks / 90 Minute Sessions

Live Weekly Virtual Calls

Course Binder and Materials

Book and Life Planner

ADDITIONAL SERVICES

Full Day / Multiday Onsite Training

Senior Leadership Retreats

Executive Coaching

Virtual Training (up to 500 attendees)

Team Training

Breakout and Keynote Programs

SHRM Recertification Provider

Authorized Everything DiSC

ABOUT ALLYSON

Allyson worked as a senior executive in the financial services industry for 30+ years including 24 years with Morgan Stanley and 7 years with Merrill Lynch. Her clients include Kellogg's, Morgan Stanley, Northern Trust, and Arkansas State University. Her work has been seen in Investor's Business Daily, The Los Angeles Times, The Chicago Sun Times, Woman's Day, Family Circle, Success Magazine, Real Simple Magazine, and Fast Company. Allyson has published four books in the areas of time management, productivity, finance, and reconnecting people with their priorities and purpose in life. She has delivered 500+ presentations. Her books have sold more than 130,000 copies. Her YouTube channel has had more than 1.7 million minutes watched.

NAICS CODE: 61143
CAGE CODE: 8J6D0
DUNS # 029276298

Register for the Masterclass

TIME MANAGEMENT for the OVERWHELMED

Do you struggle with procrastination, clutter, chaos, distraction, interruptions, disorganization, and a lack of focus? Do you feel overwhelmed, stuck, frozen, and exhausted? In this interactive course you will learn how to organize your day, prioritize your tasks, get more of the right things done, reengage with your work and be more efficient.

PROVEN OUTCOMES

PRODUCTIVITY TOOLS



Access 28+ time management tools, worksheets, and checklists. Create a written plan of action. Prune out unimportant tasks and get more of the right things done.

REPEATABLE PROCESSES



Develop time management skills by implementing repeatable processes and systems. Improve your project management to reach challenging goals more efficiently.

WORK/LIFE BALANCE



Time is your most valuable currency. People want to find purpose and meaning in work. They want to reconnect with their priorities and focus on what matters most.

BOTTOM LINE RESULTS



Revenues, profitability, and engagement are driven by productivity, clear goals and team communication. These skills can improve your bottom line results.

Register Now!

The 7 Minute Life is going beyond just re-skilling their employees to work efficiently as members of the remote workforce. We are passionate about helping companies thrive. We are driven to inspire innovation, creativity, and curiosity. The 7 Minute Life delivers customized personal development and business development training.

FIND OUT MORE

870.897.4494



REVENUE

PRODUCTIVITY

ENGAGEMENT