



JOIN ALLYSON LEWIS

7-WEEK BUSINESS DEVELOPMENT MASTERCLASS



REGISTRATION DETAILS

\$997 per person

7 - Weeks / 2 Hours per Session

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 and her YouTube channel has had more than 2.1 million minutes watched.

SYLLABUS

CLASS 1 OPTIMIZE YOUR DAILY PRODUCTIVITY

- Welcome and Overview of The 7 Minute Life
- Participant Introductions and Structure of the Business Accelerator
- Dramatically Improve Your Time Management with the Daily Progress Report

CLASS 2 ADVANCED TIME MANAGEMENT TRAINING

- How to Create a Written Daily Plan of Action
- Increase Your Efficiency - Get More of the Right Things Done
- How to Prioritize Your Tasks and Increase Your Daily Productivity

CLASS 3 STRESS MANAGEMENT

- Acknowledging the Mental Health Crisis in the Workforce
- Recognizing the Causes and Effects of Stress
- Dealing with the Daily Hassles of Procrastination, Anxiety, and Mental Clutter

CLASS 4 RECONNECT WITH PASSION AND DRIVE

- Understanding the Power of Work/Life Balance
- How to Identify Your Top 10 Priorities
- The Key Elements of Reengaging with Meaningful Work

CLASS 5 GETTING DOWN TO GOAL SETTING

- Why Goals are Important
- How to Set Goals - the Importance of Clarity
- Implementing the 7 Minute Life Step-by-Step Goal Setting Process

CLASS 6 MONITORING AND ACHIEVING YOUR GOALS

- Goal Setting Case Study
- Goal Compression: How to Use the 7 Minute Life Goal Setting Worksheets
- Monitor Daily Action with the Daily Progress Report

CLASS 7 NEUROPLASTICITY: THE BRAIN SCIENCE OF CHANGE

- Neuroplasticity: The (Really Cool) Brain Science of Lasting Change
- Grow Your Business, Faster: Innovation, Creativity, & Curiosity
- Recap and Next Actions

STARTS OCTOBER 4TH

Register Now \$997



REVENUE

RETENTION

ENGAGEMENT

Questions? We'd love to talk. hello@the7minutelife.com