

Allyson Lewis Pricing and Services

The 7 Minute Life – a time management company

allyson@the7minutelife.com

870.897.4494



the seven minute life

Description	Details	Frequency	Duration	Delivery	Unit Price	Total Price
Keynote / Breakout	Up to 90 minutes	One time		Live	\$12500	\$12500
Keynote / Breakout	Up to 90 minutes	One time		Virtual	\$5000	\$5000
Webinar – Unlimited Global Attendees	Up to 90 minutes	One time		Virtual	\$5000	\$5000
Team Training	Full Day	One time		Live	\$12500	\$12500
Team Training	Full Day	One time		Virtual	\$7500	\$7500
Team Training	Half Day	One time		Virtual	\$5000	\$5000
Executive Coaching	60-minutes	2 sessions per month	12 months	Virtual	\$400 per hour	\$9600
Executive Coaching	60-minutes	2 sessions per month	6 months	Virtual	\$500 per hour	\$6000
Team Coaching	60-minutes	2 sessions per month	12 months	Virtual	\$650 per hour	\$15600
Team Coaching	60-minutes	2 sessions per month	6 months	Virtual	\$750 per hour	\$9000
Masterclass	2-hours	Weekly	7 weeks	Virtual	\$997 per person	\$997
Train-the-Trainer	2-hours	2 sessions per month	6 months	Virtual	\$5000 per person	\$5000