

# ALLYSON LEWIS



Nationally acclaimed motivator, speaker, time management and productivity expert, and best-selling author of *The Seven Minute Difference*, *The 7 Minute Solution* and *The 7 Minute Life Daily Planner*

“With humor and flair, Allyson Lewis’s *The Seven Minute Difference* spurs people to unlock their purpose, knowledge, and passion, and as a result, transform their lives at work and at home.

– Ken Blanchard, co-author, *The One Minute Manager* and *The Secret*”

As founder of The 7 Minute Life, Allyson’s mission is to help people rediscover the sheer joy and excitement of their daily work and life. “Change happens in an instant. It happens the moment you decide to change,” is her credo. Working with people via seminars, webinars, on radio and TV, at corporate retreats, and through private consultations, she has helped thousands of people end the chaos and mental clutter of their daily routines and find new peace, fulfillment, and productivity.

In searching for answers, she developed The 7 Minute Life tools – to help herself and others discover ideas, strategies, and tools to improve their time management skills, boost their daily productivity, and organize their lives. Allyson has studied the real science of neuroplasticity and the psychology of daily routine thinking and action. With The 7 Minute Life you can take small steps every day that translate into big life changes.

A successful Fortune 500 corporate executive for 30 years before she began her writing and speaking career, Allyson has appeared widely in national media and worked with companies and nonprofit organizations nationally to organize, prioritize, and simplify work and life. Her many credits and contacts include:

- National TV appearances including CNN and Bloomberg Information Television
- “Business Week Business Report” with Gary Nunn on ABC Radio
- Magazine features including *Woman’s Day*, *Women’s World*, *Money World*, *Family Circle*, *Investors Business Daily* and *Advisor Today*
- Newspaper coverage including *The Los Angeles Times*, *The Chicago Tribune*, and *The Baltimore Sun*
- Extensive regional TV, radio, and print media coverage throughout the U.S.
- Numerous corporate speaking events and training sessions clients nationwide include Wal-Mart, Allstate Insurance, Blue Cross Blue Shield, Remax Real Estate, Girl Scouts of America, the University of Arkansas, and Arkansas Bar Association
- Founder of the online 7 Minute Life Community consisting of more than 11,000 members
- Sought-after guest columnist and host of monthly webinars broadcast internationally
- Trainer of thousands of individuals in productivity and time management skills
- Hundreds of thousands of books sold
- Member, National Speakers Association