



# TIME. LIFE. HAPPINESS.

A MASTERCLASS FOR PEOPLE WHO ARE OVERWHELMED



## 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 YouTube channel has had more than 2.1 million minutes watched.

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

## SYLLABUS

### CLASS 1 WELCOME TO THE 7 MINUTE LIFE

- Welcome and Overview of The 7 Minute Life
- Participant Introductions and Structure of the Masterclass
- Learn How to 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 PRIORITIES, PURPOSE, AND MEANINGFUL WORK

- 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

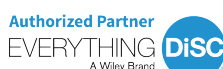
- The Human Brain is the Great Decoder
- Neuroplasticity: The (Really Cool) Brain Science of Lasting Change
- How to Create Lasting Change: Innovation, Creativity, & Curiosity
- Recap and Next Actions

### Register Now!

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

Click Here

**Enroll Now**



REVENUE

RETENTION

ENGAGEMENT

Questions? We'd love to talk. [hello@the7minutelife.com](mailto:hello@the7minutelife.com)