



THE 7 MINUTE LIFE SELF-GUIDED MASTERCLASS



MASTERCLASS DETAILS

Enroll Now - \$497

7-Hours of Advanced Training

28+ Tools, Assessments, Checklists

Book: The 7 Minute Solution

90-Day 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

- Overview of The 7 Minute Life Methods
- Understand the Daily Habits of The 7 Minute Life
- 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

- Overview of the Psychology of Stress
- 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

- Is it OK to be Happy?
- How to Identify Your Top 10 Priorities
- The Key Elements of Reengaging with Meaningful Work

CLASS 5 GOAL SETTING

- Why Goals are Important
- How to Set Goals - the Importance of Clarity
- Overcoming Obstacles with the 7 Minute Life Goal Setting Process

CLASS 6 MONITORING AND ACHIEVING YOUR GOALS

- Goal Setting Case Study
- Goal Compression: Achieve Goals with Step-by-Step Worksheets
- Monitor Daily Action with the Daily Progress Report

CLASS 7 NEUROPLASTICITY: THE BRAIN SCIENCE OF CHANGE

- Understanding the Human Brain as 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!

It's time to deal with the stress and mental clutter that are creating chaos, so you can start each day with clarity and purpose. The 7 Minute Life Masterclass teaches you repeatable systems and strategies that propel you forward. Access the seven course modules in a digital learning platform, participate in weekly challenges, download the tools, and use the included Life Planner to transform your life at work and at home.

**FIND OUT
MORE**

870.275.7674

hello@the7minutelife.com

REVENUE

RETENTION

ENGAGEMENT