

Seven Minutes, Inc. is proud to present...

"The Seven Minute Life"

by best-selling author Allyson Lewis

You can be different tomorrow than you are today!

There comes a point in each of our lives that we stop talking about making changes and we actually begin to take action.

In this super-charged two-hour presentation you can:

- Rediscover your purpose
- Set your top 10 goals for the next 90 days
- Regain control of your time and your day
- Establish momentum and push past the "One Yard Line"
- Learn how to Prioritize, Organize and Simplify™ your life
- Receive concrete tools to implement into your daily routine
- Learn the one secret every business person should know

Let us help your company reach your goals

Outcomes:

The Seven Minute Life is intended to help each participant rediscover his/her passions and purpose for daily life and work. We will deliver concrete tools and specific business ideas that can be implemented immediately. Depending on the program format you select three follow-up coaching calls may be included to help insure accountability.



To hire us call Susan Naylor at 870.897.0845
or email - susan@TheSevenMinuteDifference.com

Her mission is to educate, motivate and encourage. Hired at the age of 22 and thrown head first into the competitive world of sales, Allyson knew she had found her niche.



With over 25 years of sales experience, she is enjoying helping other people rediscover the joy and sheer excitement of their daily work. Her enthusiasm is believable and contagious. You will be entertained and enthralled at the same time. Audiences across the country have left with their hearts pumping and their brains full of concrete ideas that can be immediately applied to their daily lives.

A renowned motivational speaker and coach, Allyson has spent the last 25 years developing and teaching concrete yet actionable business ideas to executives.

Allyson has trained thousands of people in cities throughout the country including New York, Los Angeles, San Francisco, Chicago, Houston, Dallas, Orlando, Baltimore, and San Juan. Allyson has been a guest on CNN, CNNfn, Bloomberg Information Television, and many other national radio and television programs.

Recruited in 1984 for a major US brokerage firm, she is a CERTIFIED FINANCIAL PLANNER™ practitioner. Graduating Summa Cum Laude from William Woods University, Allyson holds a Bachelor of Arts degree with majors in Economics and English Communications. Allyson is a member of the Certified Financial Planner Board of Standards, Inc., the National Speakers Association, and the Jonesboro Rotary Club.

She is married to Mark Lewis and they have two children, Abby (12) and J. Mark (11) and two Golden Retrievers, Buddy and Vero.

Everyday people are taking control of their:

Life • Physical Health • Work • Time

Why Not You?

Autographed copies of Allyson's book
The Seven Minute Difference
are available.

For more information,
please visit our website at
www.TheSevenMinuteDifference.com