

Meant for More

**EMBRACE YOUR EVOLUTION TO CREATE
A FULFILLING LIFE AND CAREER**

Presented by Allison Walsh

DOWNLOAD RESOURCES

Scan below



Allison Walsh

SPEAKER | AUTHOR | LEADER | HOST | COACH | CORPORATE TRAINER





Allison Walsh

- Business, brand, and success coach with 300+ 1:1 success stories
- Certified Positive Psychology Coach
- Vice President of Clinical Outreach, Charlie Health
- Motivational speaker reaching 100,000+ live audience members
- Podcast host, best-selling author, and course creator
- Nonprofit founder + board member
- Forbes Business Development + Entrepreneur's Leadership Councils
- Miss Florida 2006
- **Elevating, empowering, and optimizing women is my mission**

Featured in...



WWW.SHEBELIEVEDBOOK.COM

(C) ALLISON WALSH ENTERPRISES, LLC



MY INTENTION...

**ONLY 20% OF PEOPLE
ARE PASSIONATE
ABOUT THEIR WORK**

- 2023 Study by Zippia -

**HOW CAN WE FIND JOY
AND INFUSE PASSION
INTO WHAT WE DO?**

GOAL = THRIVE

NOW MORE THAN EVER...

we need to **take ownership** of our futures,
intentionally **take care of ourselves**, and **make
moves** to create the lives, careers, and
relationships that we want.

**The pandemic
drastically impacted
all of us...**

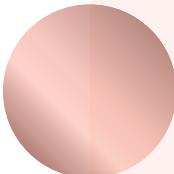
**It's so easy to focus on
what's wrong...**

**What if we focused on
what was right???**

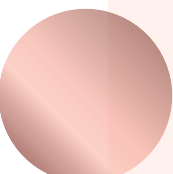
A CHECK UP FROM THE NECK UP

TAKE CARE OF YOURSELF

WHAT IS POSITIVE PSYCHOLOGY?

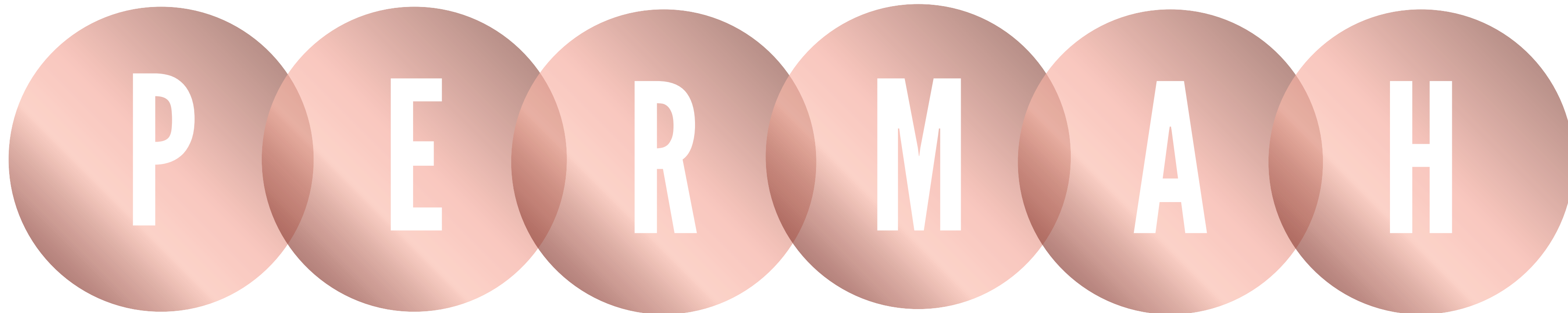


Positive psychology is about focusing on the good life, what works, about what is going well within and in your life, relationships and work. Positive psychology is about building human strength, improving people's productivity, nurturing people's genius and helping them reach their potential (Oades & Mossman, 2017).



Positive Psychology Coaching (PPC) is a scientifically-rooted approach to helping clients increase wellbeing, enhance and apply strengths, improve performance, and achieve valued goals. At the core of positive psychology coaching is a belief in the power of science to explain the best methods for development.” - Kauffman, Boniwell, and Silberman (2010).

**IT'S THE SCIENCE OF HAPPINESS, WELL BEING
AND SUCCESS**



Positive Emotions

Engagement

Relationships

Meaning

Accomplishment

Health

THE PERMAH FRAMEWORK

P

POSITIVE EMOTIONS

Boost your resilience with the right balance of positive emotions. Learn how to reduce stress, navigate your emotions, and diffuse overwhelm.

M

MEANING

Discover your purpose in life, embrace your calling, and create a sense of connection to something bigger than yourself without overextending yourself or burning out.

E

ENGAGEMENT

Increase your confidence and creativity by learning how to leverage your unique neurological strengths and intrinsic values to unlock your full potential in your personal and professional life.

A

ACCOMPLISHMENT

Lean into your ability to do the things that matter most to you and bring you the greatest fulfillment personally and professionally while developing a growth mindset to unlock your full potential.

R

RELATIONSHIPS

Create meaningful relationships with yourself and others by allowing yourself to feel loved, connected and supported as you work on your next level.

H

HEALTH

Maximize your energy and radiance by creating sustainable healthy habits that enhance your physical and psychological health, and your ability to consistently show up as best version of you.

Engagement

OWN IT

EMBRACE WHO YOU ARE

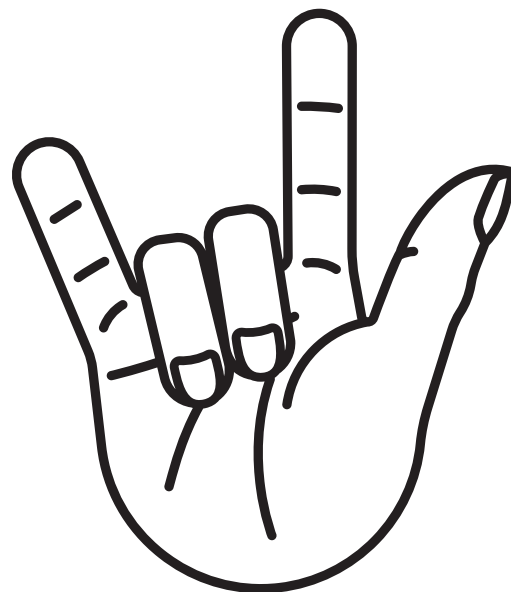
FULFILLMENT

a feeling of **happiness** and **satisfaction**

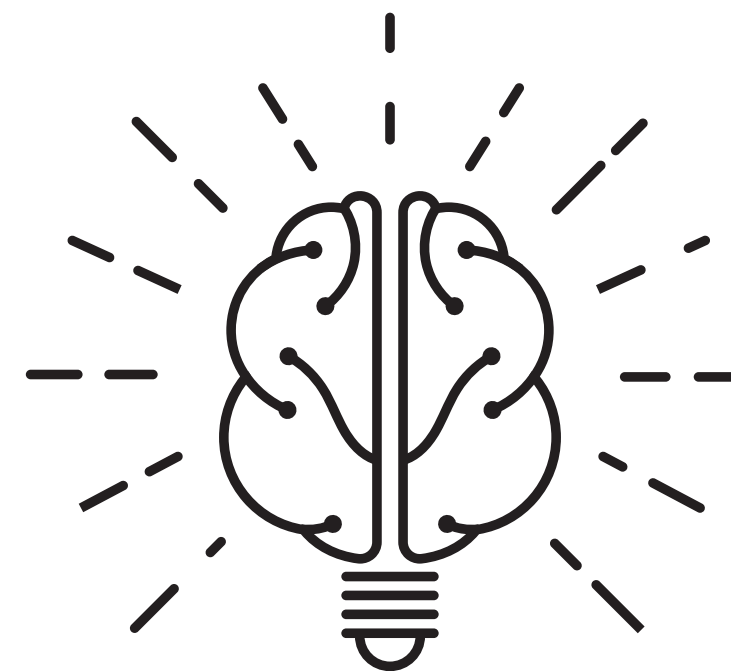
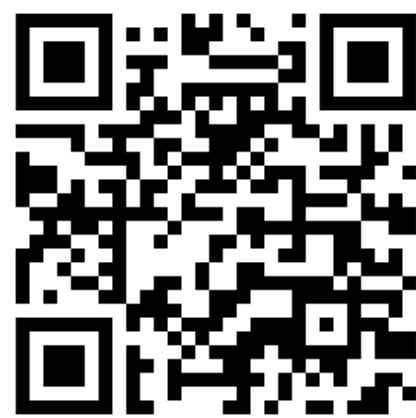
Self Assessment Links



VIA Character
Strengths Survey



5 Love Languages



Clifton Strengths
Assessment



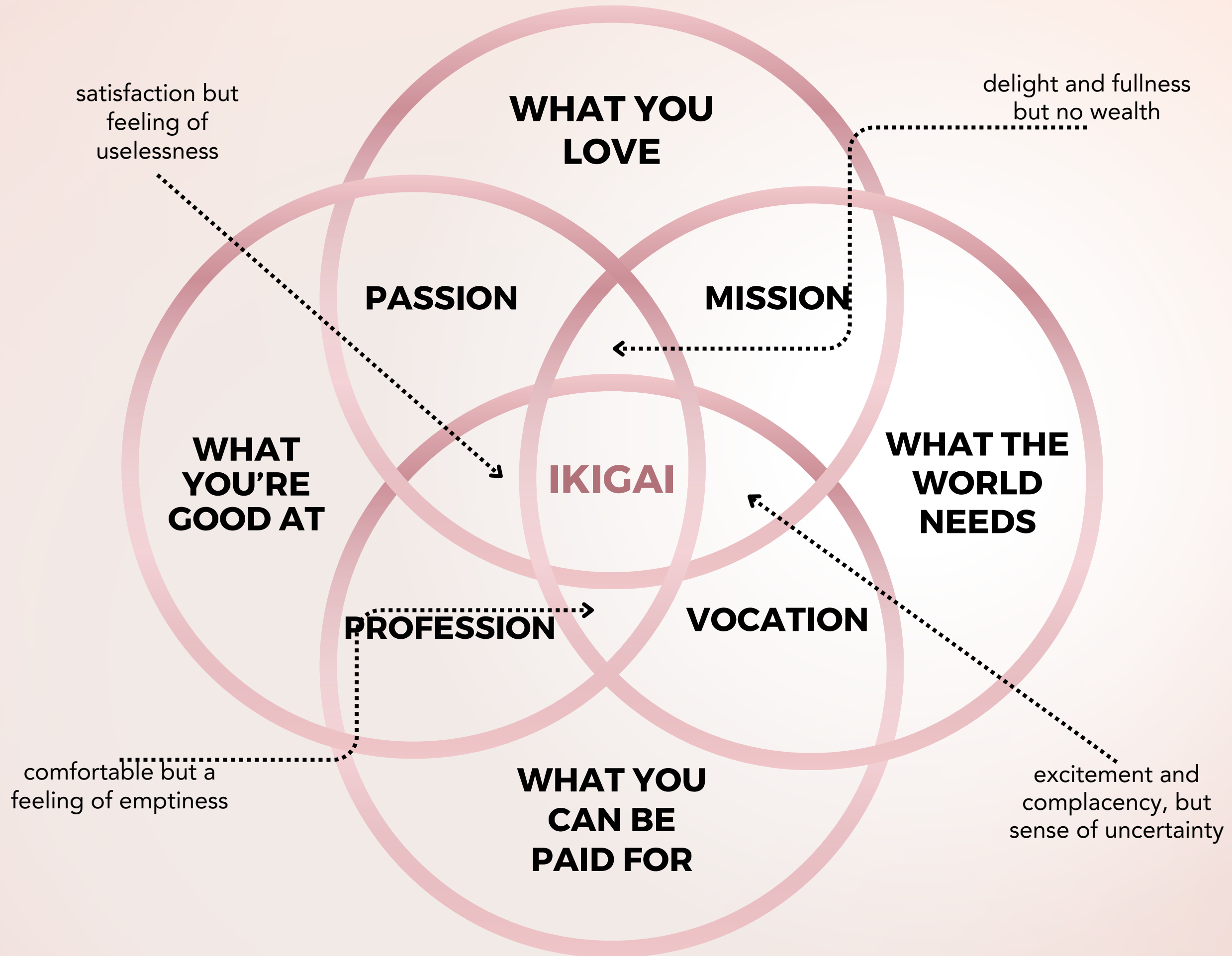
Meaning

Research most commonly has found that those with a strong meaning and purpose in life:

- have greater longevity and life satisfaction
- fewer physical and psychological health issues
- have a sense of belonging to something bigger than oneself
- greater life and work satisfaction
- are more likely to experience personal growth following adversity
- are more inspired and connected and experience fewer negative emotions

IKIGAI

A JAPANESE WORD, WHICH MEANS: “WHAT IS WORTH LIVING FOR.”



EMBRACE YOUR EVOLUTION

WHEN TO LEAN INTO NEW OPPORTUNITIES

“

You can re-write your
story. After all, you are the
author.

- ALLISON WALSH -

”

REDEFINE YOU

PURPOSE-DRIVEN ALIGNMENT DESIGNED TO MAKE YOU
HAPPY AND FULFILLED

“
Give yourself permission to
evolve into the complete
person you were intended
to be.

- ALLISON WALSH -

”

MEANT FOR M.O.R.E FRAMEWORK

Mindset

Opportunities

Road Map

Execute

--	--	--	--

MEANT FOR M.O.R.E FRAMEWORK

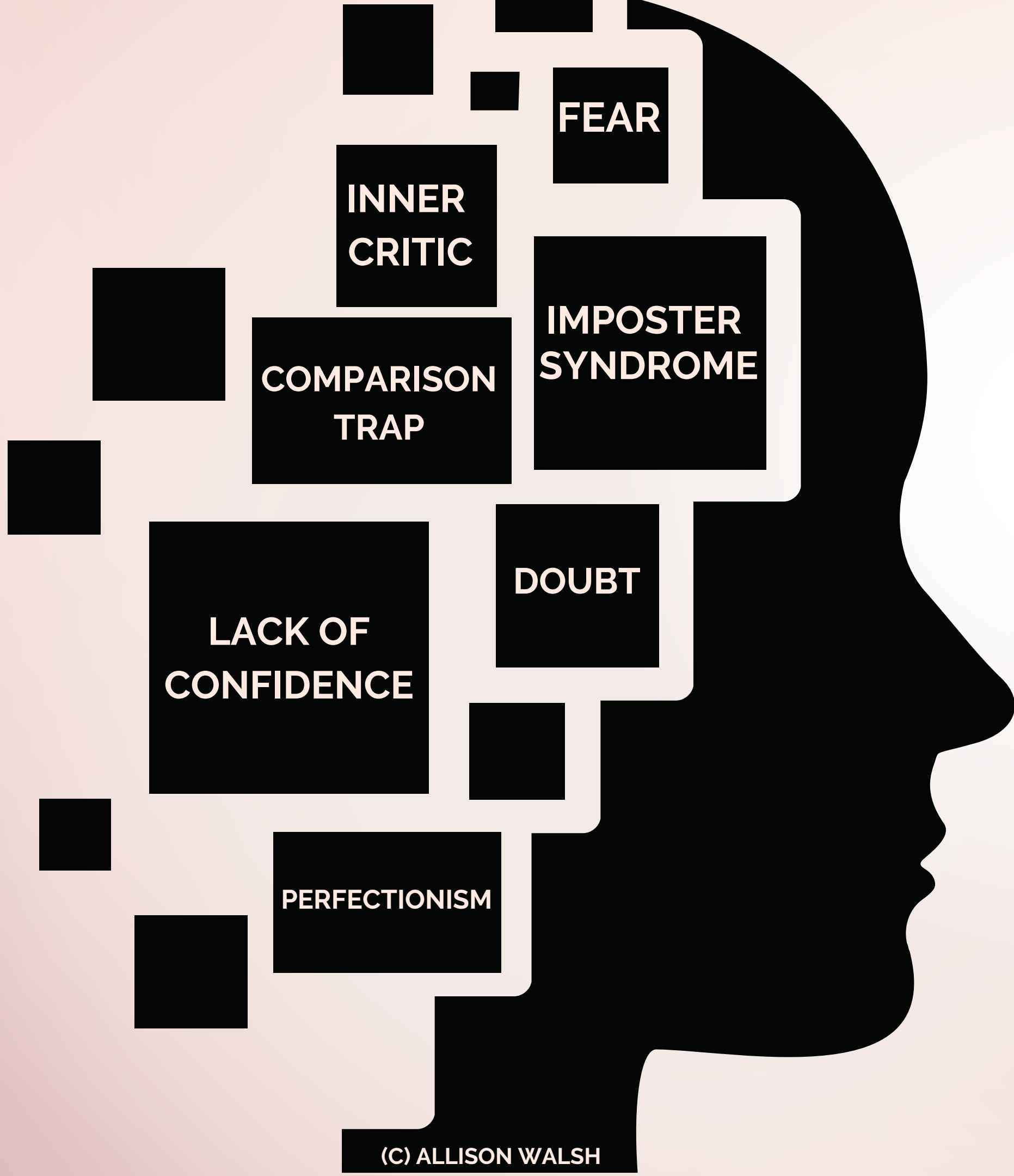
Mindset

Opportunities

Road Map

Execute

Are you ready to lean in
and evolve?
Are any limiting beliefs
holding you back?
How will you overcome
them?



CHECK UP FROM THE NECK UP

IS ANYTHING GETTING IN
YOUR WAY?

**BE KIND TO YOUR
MIND.**

MEANT FOR M.O.R.E FRAMEWORK

Mindset

Are you ready to lean in
and evolve?
Are any limiting beliefs
holding you back?
How will you overcome
them?

Opportunities

If you could do anything,
what would it be?
What opportunities do you
have or could you create?
What opportunities do you
want to pursue or create
for yourself personally and
professionally?

Road Map

Execute

MEANT FOR M.O.R.E FRAMEWORK

Mindset

Are you ready to lean in and evolve?
Are any limiting beliefs holding you back?
How will you overcome them?

Opportunities

If you could do anything, what would it be?
What opportunities do you have or could you create?
What opportunities do you want to pursue or create for yourself personally and professionally?

Road Map

What steps do you need to take in order to pursue those opportunities?
What's your timeline?
What's your game plan?
Create small steps, goals, or micro-commitments that will help you achieve your overall goal.

Execute

MEANT FOR M.O.R.E FRAMEWORK

Mindset

Are you ready to lean in and evolve?
Are any limiting beliefs holding you back?
How will you overcome them?

Opportunities

If you could do anything, what would it be?
What opportunities do you have or could you create?
What opportunities do you want to pursue or create for yourself personally and professionally?

Road Map

What steps do you need to take in order to pursue those opportunities?
What's your timeline?
What's your game plan?
Create small steps, goals, or micro-commitments that will help you achieve your overall goal.

Execute

How will you execute and make your dreams a reality? What daily/weekly commitment are you willing to make and how will you hold yourself accountable?
Start doing the work. Makes moves. Track your progress. Commit to your next level!

**YOU ALREADY HAVE
WHAT IT TAKES.**

- ALLISON WALSH -

NOW WHAT?

DOWNLOAD RESOURCES

Scan below



Allison Walsh

SPEAKER | AUTHOR | LEADER | HOST | COACH | CORPORATE TRAINER



The
SHE BELIEVED SHE COULD
F O U N D A T I O N

Sponsor books!



Allison Walsh

SPEAKER | AUTHOR | LEADER | HOST | COACH | CORPORATE TRAINER



Let's Connect!



ALLISONWALSH



SHE BELIEVED
SHE COULD
PODCAST



SHE BELIEVED
SHE COULD
COMMUNITY



321.231.0791



SHE BELIEVED
SHE COULD BOOK
WWW.SHEBELIEVEDBOOK.COM



WWW.SHEBELIEVEDFOUNDATION.ORG



WWW.ALLISONWALSHCONSULTING.COM



Allison Walsh

SPEAKER | AUTHOR | LEADER | HOST | COACH | CORPORATE TRAINER

