

# Meant for More

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

*Presented by Allison Walsh*

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*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...



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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...**

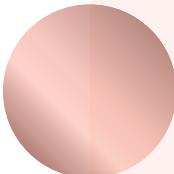
**It's so easy to focus on  
what's wrong...**

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

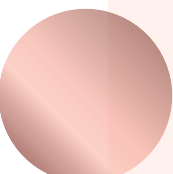
A CHECK UP FROM THE NECK UP

**TAKE CARE OF YOURSELF**

# WHAT IS POSITIVE PSYCHOLOGY?

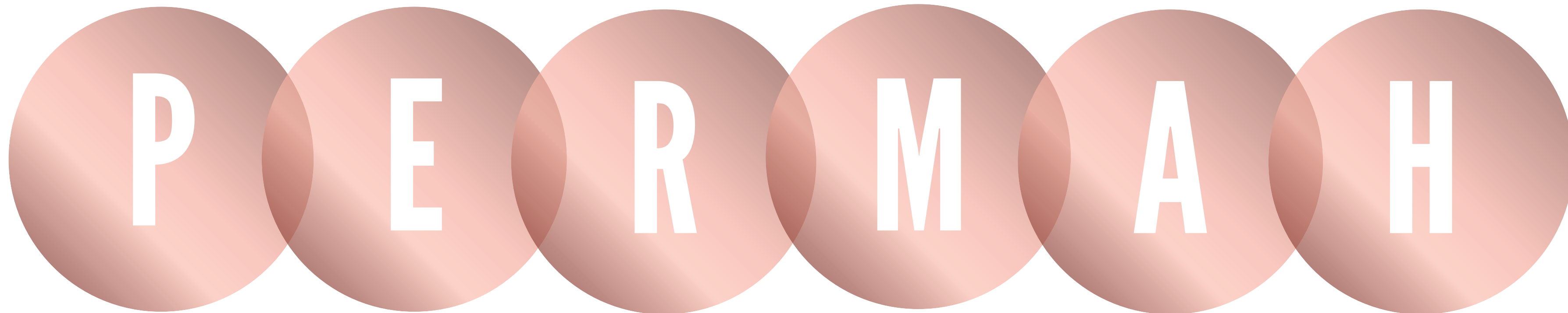


Positive psychology is about focusing on the good life, what works, about what is going well within and in your life, relationships and work. Positive psychology is about building human strength, improving people's productivity, nurturing people's genius and helping them reach their potential (Oades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



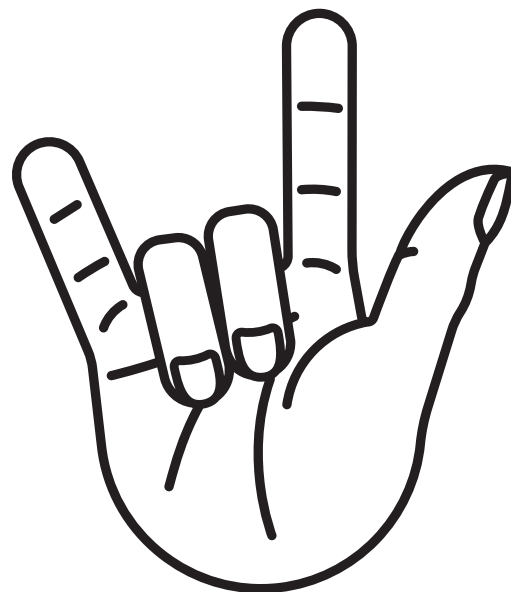
# FULFILLMENT

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

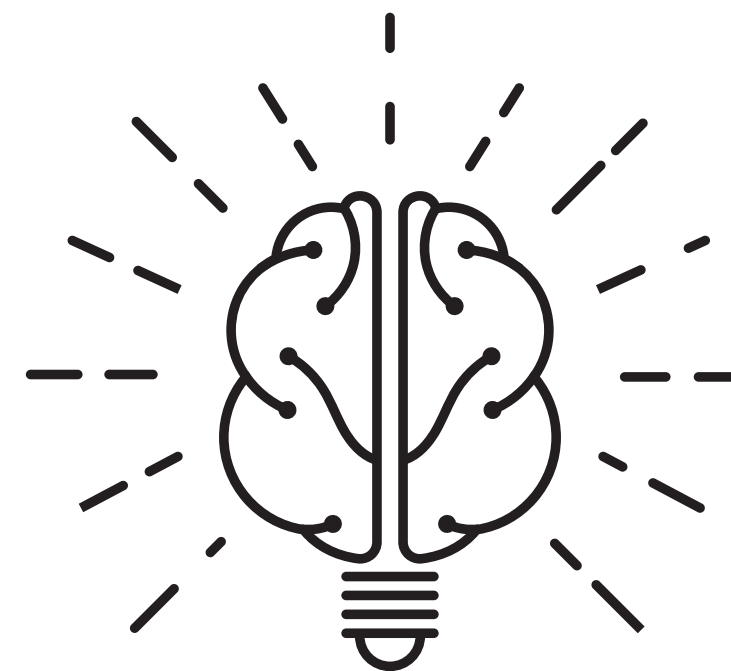
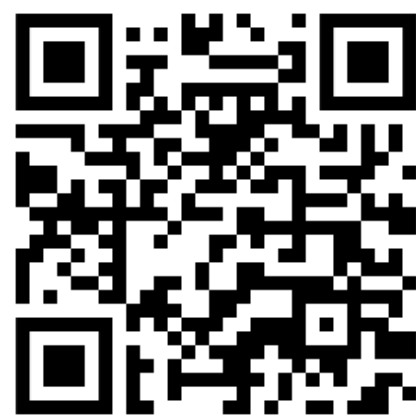
# Self Assessment Links



VIA Character  
Strengths Survey



5 Love Languages



Clifton Strengths  
Assessment



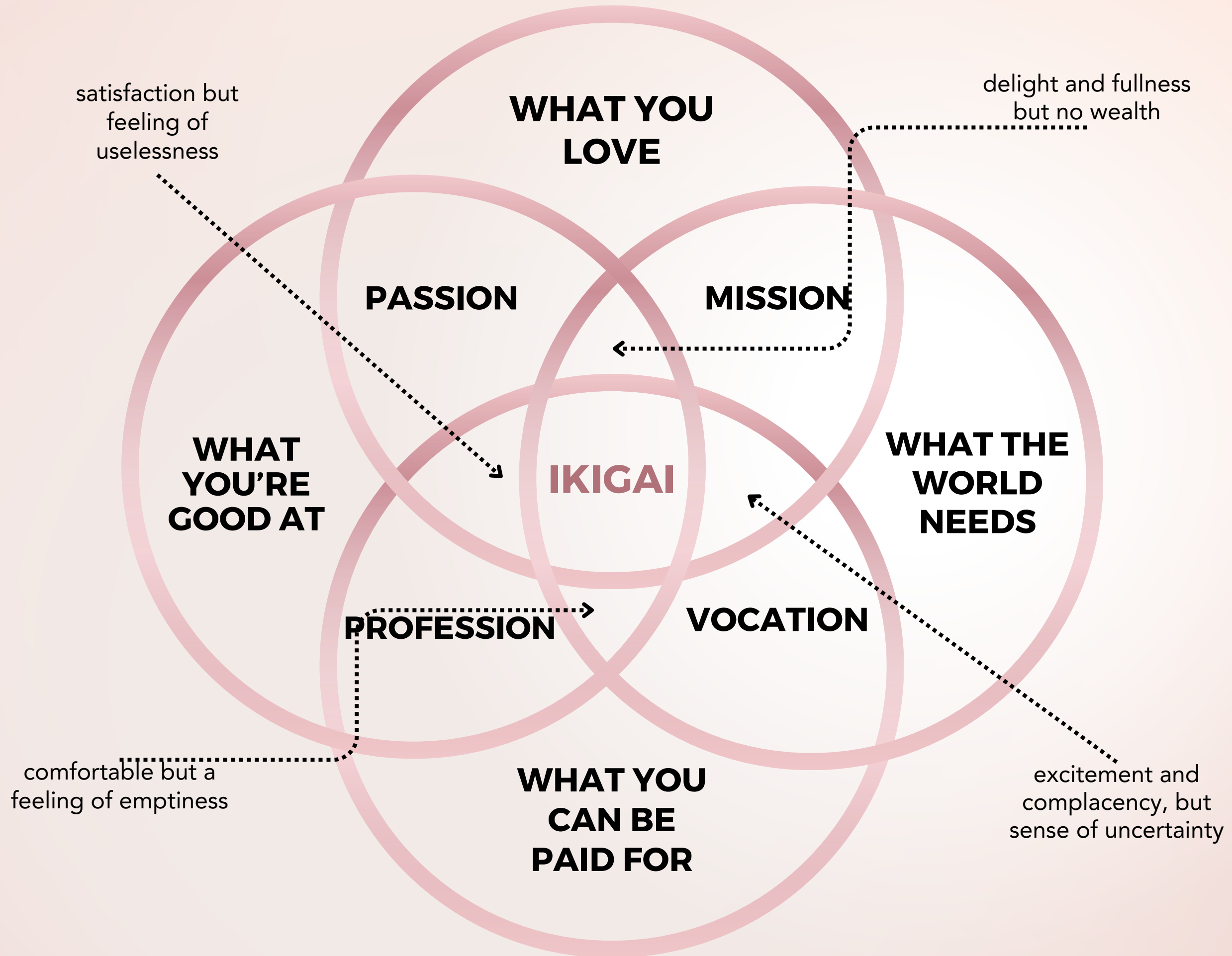
# Meaning

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

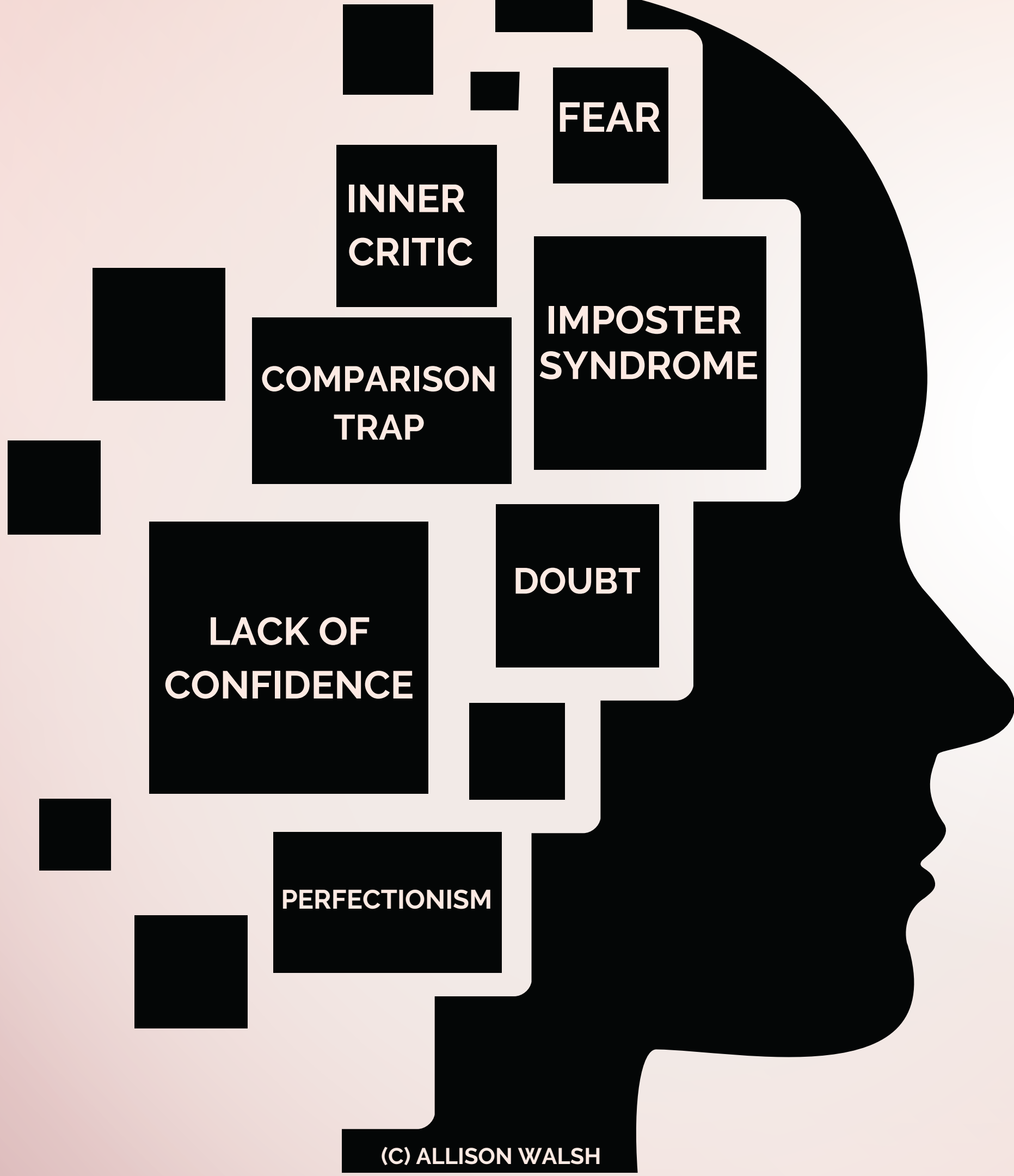
*Mindset*

*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

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## *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*

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Are any limiting beliefs holding you back?  
How will you overcome them?

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## *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?**

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

*Sponsor books!*



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# Let's Connect!



ALLISONWALSH



SHE BELIEVED  
SHE COULD  
PODCAST



SHE BELIEVED  
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