

Life Ops™

Private Strategic Counsel for Complex, High-Stakes Lives
Founded and led by Meredith Alston

The Problem

High-performing people hit a point where:

- Too many decisions stack up at once
- Risk is real, not theoretical
- Everything feels urgent, but nothing feels ordered
- Bandwidth collapses, even though competence hasn't

Traditional coaching talks. Therapy processes feelings. Neither is designed to run the system.

The Solution: Life Ops™

Life Ops™ is a structured, execution-first personal operations advisory.

I treat your life like a complex organization — and apply the same rigor used to stabilize companies and high-risk systems. Consider it like having a general counsel for your life.

The goal is simple:

- Restore clarity
- Reduce cognitive load
- Create momentum
- Build methods that hold under pressure

It is strategic planning and execution of goals by an experienced executive professional who will use a hands on approach to achieve actual targets.

Life Ops™

Why Life Ops™ Exists

Life Ops™ exists because Meredith Alston has spent over 15 years resolving complex dynamics across corporations, and discovered that offering this service to help individuals in their personal lives is invaluable.

The same dynamics that destabilize companies also destabilize individuals — especially those who are highly capable.

The issue is rarely intelligence, effort, or ambition.

It is unmanaged complexity, lack of bandwidth, and decision overload.

How High-Functioning Lives Drift Out of Alignment

At a certain level of success, life transitions from a linear checklist to a complex mind-map. Responsibilities multiply. Decisions stop being isolated. Every choice touches five others. The margin for error narrows. Most lives do not destabilize suddenly.

They drift.

- Smart people stuck not because they lack answers, but because everything is connected
- Decisions delayed because the sequencing isn't clear
- People adapting to tolerate strain instead of resolving it
- Burnout emerging not from weakness, but from cognitive overload

Meredith recognized the same pattern showing up in individuals' personal lives — just without the institutional support companies receive. When companies reach a level of complexity, they retain a general counsel, but where do individuals go to resolve this challenge?

Life Ops™ exists to fill that gap.

Life Ops™

When Life Ops™ Is Most Useful

Life Ops™ can be engaged at any point when your life would benefit from strategic counsel and execution of targets from a seasoned professional.

Some clients engage Meredith during periods of acute stress. Others engage during moments of relative stability — precisely because they want to preserve that stability. No issue is “too small” if it is consuming attention, energy, or emotional bandwidth.

Often, the early signals are:

- Persistent low-grade feeling of be overwhelmed
- Decisions that keep getting postponed
- A sense of misalignment without a clear cause
- Subtle avoidance of conversations or commitments
- A feeling that life is busier than it needs to be

Addressed early, these issues are simple to resolve. Left unattended, they compound.

Heightened life stressors can include:

- Divorce, separation, or family restructuring
- Career inflection points or leadership overload
- Major financial or business decisions
- Health issues that alter capacity or pace
- Relocation or significant lifestyle disruption

Life Ops™ goal is to transition you to stability and maintenance, where we continue to:

- Strengthen systems before they are stressed
- Clarify priorities and decision frameworks
- Redesign schedules to meet reality of challenges
- Reduce low-grade stress that has become normalized
- Create buffers — time, financial, emotional — before they are needed

Life Ops™ applies this same preventive discipline of managing corporate issues to individual lives.

Life Ops™

The Life Ops™ Method

1. Stabilize
 - identify current stressors
 - reduce immediate pressure
 - create short term containment
2. Audit
 - time, money, obligations, relationships, decision backlog, sources of friction and avoidance, fight or flight triggers
 - replace angst with visibility
3. Sequence
 - Prioritize what must be accomplished first
 - identify false urgencies
 - establish order of operations
 - decide what gets delegated, delayed, or eliminated
4. Operationalize
 - Design workflows
 - Remove reliance on willpower
 - create execution dates, calendar, target achievements, scripts, templates
5. Pressure Test
 - Reality pushes back
 - Test decisions against actual outcomes and constraints
 - Goal is durability and long term change, not perfection
 - Recalibrate or adjust processes as needed

Life Ops™

The Engagement

The core Life Ops™ offering is a **90-Day Strategic Counsel** - a private, confidential advisory relationship with Meredith Alston.

This includes:

- Deep intake and operational audit
- Multiple weekly working sessions, and behind the scenes additional work from Meredith
- Ongoing execution and decision support
- Real-time counsel during crisis escalation or high stakes decisions

Meredith is not an observer. She is actively engaged inside the work.

Clients often describe the experience as “Having my own personal executive counsel for my life.”

Investment & Structure

Clients engage Meredith because:

- Poor decisions are expensive
 - Burnout is costly
 - And clarity, when it matters, is invaluable
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Next (When You're Ready)

Engage Life Ops™ when your life has become complex enough to require judgment, structure, and counsel — not just advice.

When clarity matters.

When sequencing matters.

When execution matters.
