

The RISE Op Method: Your Roadmap to a Team That Actually Works

For wellness entrepreneurs ready to stop managing chaos and start scaling with confidence.

Most business owners believe burnout is just a natural part of growth. But in reality, it's usually a broken backend.

That's why I created the RISE Op Method™ — a simple, powerful system to help you clean up your team, systems, and leadership so your business actually supports your life, not the other way around.

The RISE Op Method

R — Roles: Clarify who does what so no one's guessing anymore.

I — Infrastructure: Build tech, tools, and communication channels that support your growth.

S — Systems: Standardize repeatable processes so your team can work without constant input from you.

E — Execution: Create accountability and rhythms that keep everything running without micromanaging.

Where You Are Now:

Which of these sounds familiar?


- You keep delegating, but tasks still land back in your lap
- Your team waits for you to lead every decision
- Things only get done when you follow up
- You're afraid to grow because you don't trust what's already happening

If any of that resonates... the RISE Op Method is exactly what you need.

Breakdown of Each Pillar


R — Roles

Define roles before you delegate. Without clear expectations, even great team members will disappoint you.

 **Quick Tip: Make a list of everything you're doing that you shouldn't be — that's where delegation starts.**


I — Infrastructure

The right tools are the foundation of team communication and efficiency. Messy Slack threads and missing files? That's a system issue.

 **Quick Tip: Audit your tool stack. What's working? What's chaotic? What's missing?**

S — Systems

If it's repeatable, it needs a process. Don't rely on memory — build your team's brain outside your own.

 **Quick Tip: Choose one recurring task this week and create a simple 3-step process for it. Bonus points if you include a checklist!**


E — Execution

Clear follow-through beats constant reminders. You don't need to micromanage — you need accountability systems.

 **Quick Tip: Try a Monday check-in and Friday wrap-up message to give your team clear weekly rhythms.**

Your Next Step

The RISE Op Method is the first step. But the real transformation happens when we implement it together.

 Want my eyes on your team & systems? [Let's Chat!](#)