

Elevate Your Efficiency Blueprint

The Intentional Leadership Programme

From Overwhelmed and Exhausted to Leading Efficiently in 8 Weeks

If you have found your way to this document, chances are something needs to change. You are good at what you do. You just want success that feels as good as it looks.

You are successful on paper but exhausted in reality. You go home late, log back on in the evenings and at weekends. Taking a full week off without checking in feels impossible. You cannot switch off mentally. And somewhere along the way, the role has started to consume you rather than energise you.

You want to lead more effectively, you want to be more efficient and you want a confident, self-sufficient team. The challenge is consistency, because the habits, behaviours and identity that got you to this level are now keeping you overwhelmed at it.

Most participants have tried working harder or fixing things at the surface level. This programme helps you get to the root cause, create the identity-level shifts that let you lead with more intention and more impact, and gives you tools and frameworks to implement at the surface level too.

Is This You?

- You are in a leadership position, successful on paper but exhausted in reality
- Your team comes to you to fix and resolve problems and there is no time for strategic work
- You are questioning your ability to lead at this strategic level, or whether you are just good at getting things done
- You are working evenings and weekends and heading towards burnout
- You want to reclaim your time and become more effective as a leader
- You want success that feels as good as it looks

This is not for you if you are looking for quick productivity hacks, surface-level time management tips, or if you are not ready to commit 2 hours per week for 8 weeks and implement what we build together.

What Changes in 8 Weeks

Where you are now	Where you will be
<i>Reactive, firefighting, constantly behind</i>	✓ Intentional, strategic and in control of your time
<i>Working evenings and weekends</i>	✓ Going home on time without logging back on
<i>Unable to take a full week off without checking in</i>	✓ Taking a full week off, stress-free and guilt-

	free
<i>Decision fatigue draining your energy</i>	✓ Confident, faster decisions without the mental drain
<i>Your team relies on you to solve every problem</i>	✓ A capable, self-sufficient team that can operate without you
<i>Questioning your ability to lead at this level</i>	✓ Leading authentically at a strategic level with confidence

Why This Works

Most leadership development ends when the programme ends. That is where the transformation and momentum dies off. The Elevate Your Efficiency Blueprint is different for three reasons.

It works at the root cause, not the symptoms

Time management apps, productivity hacks and one-day workshops treat the symptoms. This programme rewires the identity-level patterns that created the overwhelm in the first place. You do not just learn new strategies. You remove the old habits and outdated ways of operating that are working against you at this level. This is why the change sticks, and why the tools you develop are skills for life.

You implement during the programme, not after it

Too often, leaders complete a training course and then return to the workplace having to find ways to apply what they have learned alone. That gap is where good intentions stall. In this programme, implementation happens during the 8 weeks. Each week you learn models, frameworks and strategies and then, with my support, implement them in your day-to-day leadership. You leave every session with specific actions, not just insights, and the accountability to check in the following week with your progress.

The support continues long after the programme ends

The monthly alumni calls are included in the programme cost and provide ongoing CPD, accountability and connection with your cohort peers for as long as you want them. You also develop a team around you that is more capable and self-sufficient, which is why the full week off becomes possible: not just because your systems are stronger, but because your team is stronger too.

The 3-Phase Transformation

Phase	Focus	By the end of this phase, you will...
Phase 1 Weeks 1-3	Refine & Structure Your Priorities	<ul style="list-style-type: none"> ✓ Have a personalised plan that supports high performance and your wellbeing ✓ Feel clear, focused and in control of your time ✓ Know exactly what to prioritise and when, reclaiming 2-3 hours per week immediately
Phase 2 Weeks 4-6	Optimise & Excel	<ul style="list-style-type: none"> ✓ Execute consistently with confident decision-making and clear boundaries ✓ Make faster decisions without decision fatigue, cutting meeting times by 30-50% ✓ Feel calm, focused and in control whilst sustaining meaningful progress

Phase 3 Weeks 7-8	Structure & Integration	<ul style="list-style-type: none"> ✓ Have a strategic, structured system that supports high performance without burnout ✓ Co-create your personalised Alignment Blueprint as a living document for long-term use ✓ Feel confident that the transformation is permanent
-----------------------------	------------------------------------	---

What Is Included

What you get	What this means for you
8 Mini Masterclasses	Short, focused sessions (30 minutes each) giving you practical tools to take action quickly. Lifetime access so you can revisit any framework as your role evolves.
Live Group Coaching Calls	Weekly sessions (Wednesdays 12:00-13:00) where we troubleshoot challenges and deepen your implementation in real time. Notes and individual actions are captured each week to keep you progressing and accountable.
Group Onboarding Call	60-minute session before week 1 to meet your cohort, set your personal goals and agree your strategy for the programme.
Group Offboarding Call	60-minute session after week 8 to consolidate your outcomes and transition into alumni support.
Daily WhatsApp Support	Real-time support and accountability when you need it most, so the gap between question and action is as short as possible.
Bonus Workshops & Tools	Additional resources to reinforce the strategies and behaviours you are building.
Alumni Group Calls	Free monthly calls post-programme for as long as you want them. Included in the programme cost. Stay connected with your cohort, maintain accountability and continue your CPD with no time limit and no extra charge.

Your Time Commitment

The programme is designed to fit into a busy schedule. The weekly commitment is no more than 2 hours:

- 30 minutes working through the week's mini masterclass
- 60 minutes attending the live group coaching call (Wednesdays 12:00-13:00)
- Implementing what you have learnt

The 2 hours you invest each week returns 5+ hours per week. That is a 250% return on your time.

If your immediate reaction is "I do not have 2 hours per week for this" - that is exactly why you need it. Not having 2 hours to invest in changing how you work is the reactive pattern we are here to break.

What Participants Say

"I took a full week off - stress-free, guilt-free - with everything planned and running smoothly. I returned in control, not panicking."

Participant M, Senior Leader

"I actually have free time during the day now. It feels weird after being so used to hectic, back-to-back schedules."

Participant F, Senior Leader

"I was constantly reactive and running on adrenaline - working late, starting early, but not making headway. The key takeaway: I wasn't prioritising what was important to me. I was spending too much time on other people's priorities. This programme allowed me to change that - working strategically instead of reactively. I'm seeing a more organised diary and better structure in my work."

Participant L

"I was in a cycle of back-to-back meetings, dealing with relentless crises and constantly reacting. I wanted to think more like a senior leader. Now I have time back, I'm in less meetings, and I'm more conscious and deliberate about my time. I've discussed what I'm doing with my team and I'm seeing how they've already started to adapt their approaches too."

Senior Leader

My Results Commitment to You

If you have fully engaged with the programme, watched all the masterclasses, attended at least 80% of sessions and implemented the strategies, and have not achieved the specific outcomes we identify together in your onboarding call, I will create an action plan to deliver them at no extra charge.

This is not a passive course. It is a results-driven experience for leaders who are ready to reclaim their time and increase their impact. What I ask from you: show up, do the work, and stay accountable. If that is you, I am here to guide you every step of the way.

Your Investment

The programme runs twice per year with cohorts of 6-10 participants. Spaces are limited to protect the quality of the group coaching experience.

Option	Investment	Bonus
Pay in Full Full programme access, invoiced to you or your organisation	£697	60-min 1:1 coaching session included

Payment Plan Two payments: before the programme begins and at week 4	2 x £349	
--	-----------------	--

This is the complete programme price. No hidden costs, no required add-ons. The programme can be self-funded or company-sponsored. If your organisation is funding this, see the section below.

Asking Your Organisation to Fund This

Many participants have their company sponsor this programme as professional development. If you would like to put this forward to your manager or L&D team, you can forward this document directly. The section below is written for them.

For the attention of: Line Manager / L&D / HR

A member of your team is looking to develop their leadership capability through the Elevate Your Efficiency Blueprint, an 8-week intentional leadership programme.

This is not an off-the-shelf training course. It is an identity-level leadership development programme that creates lasting change by helping leaders shift from reactive to intentional leadership.

Participants implement what they learn during the programme itself, with live coaching support, peer learning and ongoing alumni support included in the cost.

As an organisation, you can expect to see:

- A leader working at a more strategic level with less reactive firefighting
- Reduced risk of burnout, absence and loss of a capable person
- A more self-sufficient team with reduced dependency on their leader
- Improved delivery, stronger decision-making and a more intentional leadership culture
- A return of 5+ hours per week in productive capacity for the investment of 2 hours per week

The programme costs £697 per person (or 2 x £349 on a payment plan) and can be invoiced directly to your organisation. An organisational proposal with full programme details is available on request.

To find out more or request an invoice, contact Zoe Thompson at support@zoethompson.uk.

About Zoe Thompson

I have over 20 years of experience working in the police service, 17 of those years in leadership positions. I am an Accredited Master Coach, Executive Coach and NLP Master Practitioner, and the creator of the PIIPS Framework for Aligned Success.

I am also a former international strongwoman competitor, a single parent and a business owner for the past 8 years. I bring real-world experience to everything I teach. I am not teaching theory. I model intentional leadership in my own business and life every day, using the same frameworks I teach my clients.

- Accredited Master Coach, Association for Coaching
- Accredited Executive Coach
- NLP Master Practitioner
- 20+ years senior leadership experience, 17 in leadership roles

-
- 8+ years coaching high performers
 - 50+ leaders transformed through group and individual programmes
 - 100% participant ratings of 4-5 out of 5 across recent workshop delivery

"You evidence a highly conscientious approach to all aspects of your coaching, including keen attention to continually improving yourself professionally, and provide a structured and ethical experience for your clients."

Association for Coaching Accreditation Panel

Ready to Get Started?

If this feels like the right fit, the next step is simple. Get in touch and I will send you the enrolment details for the next cohort.

- Message me to confirm your place and I will send you the enrolment details
- You will receive an invoice to pay directly or pass to your organisation for processing
- You will be booked onto the group onboarding call and receive everything you need to get started

Please do not hesitate to get in touch if you have any questions about whether this programme is the right fit for you.

Zoe Thompson

www.zoethompson.uk

Accredited Master Coach | Executive Coach | NLP Master Practitioner