

Dr. Kym Harris-Lee
EXECUTIVE COACHING



THE M.O.R.E.™ MINDSET LEADERSHIP EXPERIENCE

Lead Without Limits

A six-month group leadership experience for supervisors and managers who refuse to learn by trial and error.

Whether you're investing in yourself, your team, or your organization — this is a transformative experience built on proven methodology.

PROGRAM FUNDAMENTALS

Duration: 6 months • **Frequency:** Twice monthly • **Session Length:** 90 minutes
Format: Virtual • **Cohort Size:** Small, intentionally limited • **Start Date:** September 2026
Session Structure: 60 minutes targeted content + 30 minutes live group coaching

What You'll Experience

Over six months, the program deepens across four phases. Each two-month phase focuses on one pillar, building from self-awareness through team engagement. Sessions combine focused content with live group coaching — where you apply concepts directly to real challenges you're navigating right now.

SIX-MONTH ARC

M

PHASE M (MONTHS 1–2): KNOW YOURSELF

Maximum Self-Awareness & Authenticity

Lead from who you actually are, not who you think you should be.

You begin by examining how you lead right now — your values, strengths, patterns, and the gap between how you intend to lead and how people actually experience you. Self-awareness is the foundation for everything that follows.

O

PHASE O (MONTHS 3–4): SUSTAIN YOURSELF

Optimal Optimism, Resilience & Self-Care

Thrive through challenges while sustaining your effectiveness.

With clarity on who you are, you learn to protect your energy and resilience so you can lead sustainably. This phase teaches you to manage pressure, set boundaries, and model what it looks like to thrive rather than just survive.

R

PHASE R (MONTHS 4–5): CONNECT & GROW

Rich Relationships & Visibility

Build trust and strategic presence that opens doors.

Now you focus outward — building the strategic relationships and visibility that drive influence and opportunity. You learn to advocate for yourself and your team, strengthen stakeholder connections, and position yourself as a leader others want to follow.

E

PHASE E (MONTHS 5–6): LEAD OUTWARD

Empathetic Engagement

Lead in a way that sees, includes, and activates your team..

In the final phase, you bring it all together by leading your team with empathy, inclusion, and authenticity. You master the conversations that matter — feedback, conflict, engagement — and leave the cohort as a leader who doesn't just meet expectations, but exceeds them.

What You'll Gain

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Unshakeable leadership confidence — grounded in genuine self-awareness, not bravado. You'll lead from your actual strengths and values, and that authenticity will be felt by everyone around you.
- 
Strengthened stakeholder relationships and strategic visibility — people will know who you are, what you stand for, and the value you bring. You'll have advocates in places that matter.
- 
Resilience that sustains your effectiveness through any challenge — not just surviving pressure, but thriving through it. You'll have practices and a mindset that keep you grounded when everything feels urgent.
- 
A reputation as a leader who doesn't meet expectations but exceeds them consistently. Your team will feel the difference. Your peers will notice. Your leaders will take you seriously.
- 
A peer cohort of committed managers navigating the same journey — relationships that extend beyond the six months. These are the people who get what you're dealing with. They become your real professional community.
- 
Tools, frameworks, and practices you'll use throughout your career — not theoretical models, but real, applicable approaches. The M.O.R.E.™ Mindset becomes your leadership operating system.

Three Ways to Engage

YOU

Individual Participant

- Supervisors & managers ready to invest in their own growth
- Direct enrollment in the cohort
- Full access to all six months of content, coaching, and community

You're ready to lead with intention. This is for you.

YOUR TEAM

Leader Sponsor

- Directors & VPs sponsoring managers from their team
- Sponsor one or more team members
- Strategic investment in the leaders your people experience daily

Invest in the middle. Watch your team transform.

YOUR ORGANIZATION

Organizational Sponsor

- HR leaders & C-suite scaling manager development
- Group enrollment for multiple teams/departments
- Customized partnership with Dr. Kym

Build your leadership bench. Systematically.



Dr. Kym Harris-Lee is the founder and principal of Your SweetSpot Coaching & Consulting, LLC, a board-certified executive coach, and the creator of the M.O.R.E.™ Mindset coaching methodology. She partners with organizations across the corporate, higher education, and nonprofit sectors to develop leaders at the highest levels. In **Lead Without Limits**, she brings this same proven approach directly to supervisors and managers.

Dr. Kym helps organizations turn their managers and supervisors into their strongest asset — leaders who communicate with clarity, build trust across teams, and drive measurable results. For the individual leader, the impact is just as direct — sharper self-awareness, greater resilience, and the visibility and influence needed to move confidently toward the next level. The result is a win on both sides; organizations retain and elevate the leaders they already have, and those leaders build the readiness to advance.

How It Works

Enrollment: Reach out via the contact info below. Dr. Kym will have a 20-minute conversation with you (or your organization) to ensure this is the right fit and answer any questions.

Onboarding: Once enrolled, you'll participate in a brief orientation to get acquainted with the cohort and access the community platform. This sets you up for success and ensures everyone starts on the same page.

The Six Months: Twice monthly sessions live with between-session coaching, reflection prompts, and peer support. This is active learning, not passive consumption.

Beyond: Many participants continue peer relationships, apply the M.O.R.E.™ framework across their careers, and some organizations move into advanced programming — BOLD Leadership or train-the-trainer models.

LET'S START THE CONVERSATION

Ready to learn more? I'd love to talk with you about whether **Lead Without Limits** is the right fit.

Schedule a Call: my.timetrade.com/book/HD8KP

Send an Email: drkym@drkymharrislee.com