

2026 Dates

Registration Closes January 11

All Group Sessions Begin at 7pm EST

NARROWSPACES
WORK + LIFE
with Holly McIlwain



Unlock Your Potential and Navigate Your Journey

Are you ready to take your leadership skills to the next level? Join the NarrowSpaces **LIVE** Masterclass—a unique, cohort-based program designed specifically for business leaders, entrepreneurs, and professionals looking to navigate the complexities of work and life.

What to Expect: In this immersive experience, you will work closely with a small group of peers who share your ambition and drive. Each month, we will come together to tackle challenges, share insights, and make meaningful progress in navigating the narrow spaces of your professional journey.

Personalized Support: Alongside the monthly cohort meetings, you will receive a one-on-one coaching session with me each month. These personalized sessions are designed to dive deeper into your individual challenges, goals, and aspirations, ensuring that you are making the most of your time in the program.

Kickoff Assessment: To kick off our work together, you will complete a psychometric assessment that will provide valuable insights into your strengths, motivations, and areas for growth. This assessment will serve as a foundation for our discussions and tailored coaching, helping you to identify and leverage your unique qualities as you navigate your path.

Join Us: Don't miss this opportunity to connect with like-minded professionals and gain the tools and insights you need to thrive in your career. Together, we will explore the narrow spaces that can often feel daunting and transform them into pathways for success.

Ready to embark on this journey? Visit www.narrowspaces.com/pilot to secure your spot in the NarrowSpaces **LIVE** Masterclass cohort today!

Pilot Program Participants will be asked to write a testimonial and provide feedback upon completion.

Program Overview:

Duration: 3 Months

Cohort Size: Limited to 6-9 professionals

Investment: \$2000 Pilot Program Pricing

\$1500 Early Registration November 22-December 21

\$1200 Current/Previous Clients and Friends Discount - November 1-21

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Week	Topic
1 1/21	1st Masterclass Group Gathering -virtual, 1.5 hour Introduction and Sequence of Work Cohort Accountability Sessions and Assignments Explained Task: schedule 1:1 coaching session 1 to debrief and set goals, 1 hour personal leadership inventory
2	1:1 coaching sessions -virtual, 1 hour DISC Debrief, Goal Setting, Personal Leadership Inventory
3-4	Cohort partner accountability session - weekly coaching guide - goals check in
5 2/18	2nd Masterclass Group Gathering - virtual, 1.5 hour 1 Personal / 1 Professional Goal setting - Predictable patterns of behavior - the science and the discipline ➡ Inventory of processes in your business function, business development, or management - Professional "obstacle course" creation - name and map ➡ What has gotten you off track in the past? behaviors, circumstances, people responses
6-7	1:1 coaching sessions -virtual, 1 hour
8 3/4	3rd Masterclass Group Gathering - virtual, 1.5 hour - your leadership style - people and practices - Your decision making preference - data, time, risk (related to DISC style and industry) - Your prioritization strategy - time and task management
9	Cohort partner accountability session - weekly coaching guide - goals check in
10 3/18	4th Masterclass Group Gathering - virtual, 1.5 hour - Decisions and Disciplines: Behaviors & Commitments - What stays, What goes, What starts? - Where are you losing time and energy? - Where are you seeing success? - CAR method, Feedback Modeling
11	1:1 coaching sessions -virtual, 1 hour
12	Cohort partner accountability session - Practical Resolutions for moving forward - goals check in
Closing 4/15	Final Masterclass Group Gathering - virtual, 1.5 hour