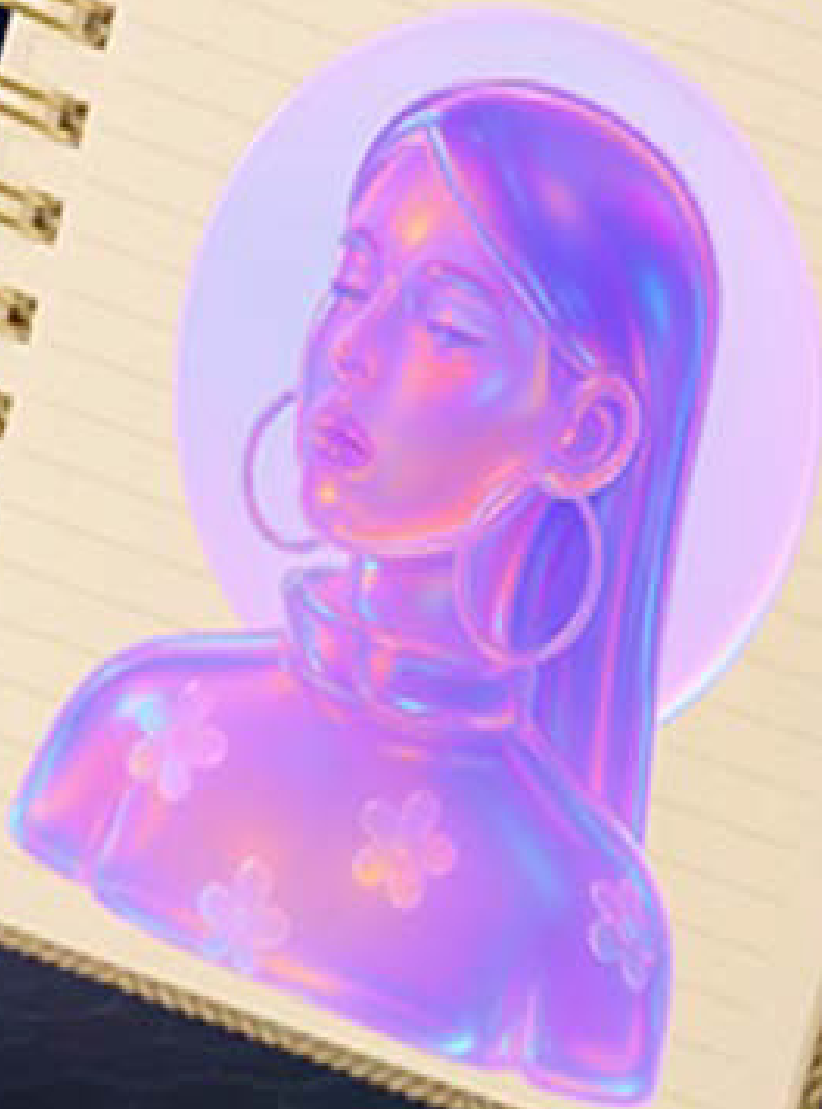


LOVE™ Framework
Starter Kit



GOLDEN HOUR LIFE COACHING

THE LOVE™ FRAMEWORK

STARTER KIT

Let Others Value Everything (about you)

For BIPOC & LGBTQ+ Professionals

who are done shrinking and ready to evolve unapologetically.

Gabriela Holt, PCC

Gallup-Certified CliftonStrengths Coach
Founder, Golden Hour Life Coaching, LLC

www.goldenhourlifecoaching.com

You were never the problem.

You've navigated workplaces that weren't designed for you. You've code-switched, over-delivered, and smiled through rooms where you had to work twice as hard just to be half as seen. You've been told — directly or indirectly — to leave parts of yourself at the door.

The LOVE™ Framework is my answer to that.

This isn't a productivity system. It's not a 30-day challenge. It's a return to yourself — the whole, unapologetic, full-spectrum version of you that existed before the world started asking you to shrink.

LOVE™ stands for Let Others Value Everything (about you) — but it starts with you doing that for yourself first. Because you cannot give what you have not received. And you cannot lead others well until you've learned to lead yourself.

“Growth is not a betrayal of who you were. It's the most honest thing you can do for yourself — and for the people watching you.”

Whether you're navigating imposter syndrome in a boardroom, learning to take up space in a culture that policed you for it, or finally giving yourself permission to stop performing and start living — this framework is for you.

I'm Gabriela Holt, ICF Professional Certified Coach and Gallup-Certified CliftonStrengths Coach. I'm also a proud Chicana and a queer-affirming coach who built this work from my own lived experience of doing it the hard way first.

This is your golden hour. Let's use it.

What Is The LOVE™ Framework?

The LOVE™ Framework is a proprietary self-leadership model built on one foundational truth: you cannot lead others, build meaningful relationships, or show up fully in your career until you've built an unshakeable relationship with yourself.

It was developed for high-achieving BIPOC and LGBTQ+ professionals who have spent years being competent, capable, and chronically under-valued — often by themselves. The four pillars move you from surviving to self-led to unapologetically thriving.

L

Lead with Self

You can't pour from empty. Rediscovering who you are — before the titles, the trauma, the accommodating — is where everything starts.

O

Own Your Story

Your narrative belongs to you. Not to the workplace that expected you to leave your culture at the door. Not to the voice that said you don't belong.

V

Value Your Voice

Speaking up is a skill, and it starts with believing your perspective deserves to be heard. Full stop.

E

Evolve Unapologetically

Growth is not a betrayal of who you were. It's the most honest thing you can do for yourself — and for the people watching you.

A Closer Look at Each Pillar

L — Lead with Self

Self-leadership is the practice of knowing who you are so deeply that external noise — the microaggressions, the gatekeepers, the imposter syndrome — can no longer drive your decisions. It begins with rediscovering yourself beneath the roles you've performed, the identities you've suppressed, and the survival strategies you've built over a lifetime.

In this pillar, you will:

- Reconnect with your core values, strengths, and authentic identity
- Identify the patterns and beliefs that have kept you playing small
- Use the CliftonStrengths framework to understand how your natural talents shape the way you lead yourself and others
- Begin the daily practice of self-leadership before leading anyone else

O — Own Your Story

Your story — your full story, including the parts that felt like liabilities — is your greatest source of authority. The narrative others have imposed on you (about your worth, your belonging, your voice) is not the truth. It is a story. And you get to choose a different one.

In this pillar, you will:

- Name and release the narratives that were handed to you by others
- Reclaim the chapters of your life that you've been conditioned to minimize or hide
- Build a self-concept grounded in evidence of your own resilience, brilliance, and value
- Learn to speak your story with confidence — in rooms that weren't built for you

V — Value Your Voice

For many BIPOC and LGBTQ+ professionals, speaking up has come with real consequences. Code-switching, self-censorship, and people-pleasing aren't personality flaws — they were survival strategies. But survival is not the same as living. This pillar helps you move from performing to communicating — with clarity, confidence, and your whole self intact.

In this pillar, you will:

- Understand the difference between people-pleasing and genuine collaboration
- Develop the self-trust that makes authentic communication possible
- Practice setting boundaries that protect your energy without burning your bridges
- Learn to advocate for yourself in workplaces and relationships with skill and confidence

E — Evolve Unapologetically

Unapologetic doesn't mean careless. It means rooted. It means doing the work of becoming the fullest version of yourself — and refusing to apologize for the space that takes. This pillar is where transformation becomes a sustainable practice, not a one-time event.

In this pillar, you will:

- Design a self-care and self-leadership practice that actually fits your life
- Build resilience strategies grounded in your specific strengths (not generic hustle culture advice)
- Create momentum toward goals that are aligned with your values — not someone else's definition of success
- Step fully into the version of yourself you've been working toward

This work is for you if...

- You've achieved things that should feel good — but still feel like you're waiting to be “found out”
- You've spent years code-switching, accommodating, or shrinking in spaces that weren't built with you in mind
- You find it easier to pour into others than to give that same care to yourself
- You're repeating patterns in your relationships or career that you desperately want to change
- You're tired of performing a version of yourself that leaves you feeling empty at the end of the day
- You're ready to do the real work — not the performance of it — and you want a guide who gets it from the inside

You don't have to be broken to benefit from this work. You just have to be ready to stop settling for less than the full, luminous, unapologetic version of yourself.

WHAT'S INCLUDED

The Self Love Foundation

The Self Love Foundation is your starting point — a comprehensive, personalized experience designed to build the self-leadership foundation you need before you can sustainably lead others, deepen your relationships, or step into your next level of growth.

Component	What You'll Receive
CliftonStrengths Assessment	Discover your top strengths and how they shape your self-leadership, communication, and relationship patterns
Self-Worth Assessment	Establish your baseline and receive personalized insights and action steps aligned with the LOVE™ Framework
1:1 Coaching Sessions	Personalized coaching applying each pillar to your unique lived experience, career, and goals
Workbook & Reflection Tools	Guided exercises, journal prompts, and practical tools you can use throughout your journey and beyond
Community Support	Access to a private community of BIPOC and LGBTQ+ professionals on the same journey

YOUR NEXT STEPS

How to Begin

Here's what happens when you're ready to start:

1. Complete your CliftonStrengths assessment (access code provided upon enrollment)
2. Take the Self-Worth Assessment to establish your baseline
3. Schedule your first coaching session to review your results together
4. Begin your personalized LOVE™ Framework journey — one pillar at a time
5. Join the community and connect with people who get it

You don't have to have it all figured out before you begin. You just have to be willing to show up for yourself. The rest unfolds from there.

A NOTE FROM GABRIELA

For a long time, I received messages — from the world and eventually from inside my own head — that told me I wasn't enough. I spent years wondering why I couldn't seem to show up fully in my relationships and my career. The answer, when I finally found it, was both simple and profound: I had to learn to lead myself first.

As a Chicana coach who has navigated systems that weren't built for me, and as someone who works every day with professionals who are doing the same, I know that self-love isn't a luxury. It isn't indulgent. It is the most strategic investment you can make — in your career, your relationships, and the communities you're here to serve.

The LOVE™ Framework is the culmination of nearly two decades of helping others transform their lives, and my own ongoing commitment to evolving unapologetically.

You deserve to take up space. You deserve to be valued — starting with yourself. And your golden hour? It starts right now.

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Gabriela Holt, PCC

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