

THE GOLDEN HOUR

There is a moment...

PHOTOGRAPHERS CALL IT THE GOLDEN HOUR.

That fleeting moment when the light softens.

Shadows become gentler.

Everything is illuminated differently.

Nothing about the landscape has changed.

Only the light has.

I believe our lives have Golden Hours too.

Not because everything suddenly becomes easy.

Not because the past disappears.

But because something shifts within us.

A conversation.

A diagnosis.

A heartbreak.

A promotion.

A layoff.

A new beginning we never asked for.

Or perhaps one we finally choose.

These moments invite us to see ourselves differently.

To stop measuring our worth by what happened to us...

...and start imagining what might be possible because of it.

For me, those moments came after surviving domestic violence, a breast cancer diagnosis, career reinvention, and learning, often the hard way, that resilience isn't about pretending everything is okay.

It's about deciding that your story isn't over.

The Golden Hour.

It is the space where I invite audiences to meet themselves.

I KNOW SOMETHING ABOUT GOLDEN HOURS.

For nearly twenty years, I sat across from people in the middle of their moments: students facing a crisis, leaders quietly burning out, professionals wondering whether the life they built still fit the person they had become.

And then life handed me a few moments of my own.

I survived domestic violence. I faced breast cancer. I walked away from a career and identity I had spent decades building. I learned what it means to begin again when the next chapter doesn't arrive with instructions.

But those experiences aren't what make me a speaker.

What I learned from them does.

Today, I'm a Professional Certified Coach, Gallup-Certified CliftonStrengths Coach, former educator and counselor, and founder of Golden Hour Life Coaching.

My work sits at the intersection of self-leadership, resilience, strengths, and choice.
I don't ask audiences to become someone new.

I help them recognize the strengths, agency, and possibility that were already there.



The goal isn't to go back to who you were.

It's to discover who you get to be now.

SIGNATURE SPEAKING EXPERIENCES

Every audience has a different moment. The conversation should meet them there.

THE GOLDEN HOUR

Discovering Who You Get to Be Now

What happens when the life, career, relationship, or identity you knew no longer fits?

The Golden Hour is an invitation to stop measuring yourself by who you were and begin imagining who you get to become. Through story, reflection, and practical tools, audiences explore how agency, self-leadership, and choice can turn seasons of change into something more than an ending.

Audiences leave with:

A new lens for navigating change, greater clarity about what comes next, and permission to move forward without needing to become who they used to be.

THE BISON APPROACH™

Running Toward Your Own Storm

Bison instinctively move toward a storm rather than running from it, shortening the amount of time they spend inside it.

The Bison Approach™ brings that idea into the human experience. Instead of avoiding difficult conversations, decisions, transitions, or truths, audiences learn how to move toward what needs their attention with greater courage, intention, and self-trust.

Audiences leave with:

A practical framework for facing what they've been avoiding and taking meaningful action even when the path forward feels uncomfortable.

F.L.Y. (FIRST LOVE YOURSELF)

Leading From the Inside Out

Your people spend so much time supporting everyone else.

Where do they fit into that equation?

F.L.Y. is an interactive experience built on one truth: self-leadership starts with the person doing the leading. Through storytelling, guided reflection, and conversation, participants recognize their strengths and explore how their relationship with themselves shapes the way they lead and support others.

Audiences leave with:

One intentional step toward greater self-trust, and a clearer view of the strengths they already bring to the room.

WHAT HAPPENS IN THE ROOM MATTERS.

Not motivation for the moment.

Conversations designed to keep working after the room empties.

I DON'T SPEAK AT AUDIENCES. I INVITE THEM IN.

My work is grounded in nearly twenty years of sitting across from people, asking questions, listening for what isn't being said, and helping them recognize possibilities they may not yet see for themselves.

That same approach comes with me onto the stage, where I blend storytelling, humor, reflection, coaching, and practical application to create experiences that are deeply human and immediately useful. Audiences aren't simply asked to listen. They're invited to notice, question, connect, and choose.

Because the best conversations don't end when the applause does.

WHAT AUDIENCES CAN EXPECT



STORIES THAT STAY WITH THEM

Personal stories that make big ideas human, memorable, and easier to see in their own lives.

REFLECTION THAT GETS PERSONAL

Questions that invite audiences to move beyond "That's interesting" toward "What does this mean for me?"

TOOLS THEY CAN ACTUALLY USE

Practical frameworks and language they can carry into their work, relationships, leadership, and everyday decisions.

A ROOM THAT FEELS HUMAN

Warmth, humor, candor, and connection without pretending difficult things aren't difficult.

I want people to leave seeing something they couldn't see when they walked in.

BUILT FOR THE ROOM YOU'RE IN.

One message doesn't belong in every room.

Every organization has its own people, pressures, language, and moment. That's why my speaking experiences are designed to flex.

A keynote for leaders navigating organizational change should not feel identical to a conversation with an employee resource group exploring identity, belonging, or self-leadership.

The heart of the work stays consistent.

The way we get there can change.

KEYNOTES

Big ideas. Human stories. A message audiences can carry with them.

Designed for conferences, organization-wide events, leadership gatherings, and moments when you want to shift how people see themselves or what comes next.

WORKSHOPS

Less sit and listen. More let's work with this.

Interactive experiences combine story, reflection, coaching questions, conversation, and practical tools so participants can apply the ideas to their own lives and work.

FACILITATED CONVERSATIONS

Sometimes a room doesn't need another presentation.

It needs the right conversation.

Designed for ERGs, leadership teams, retreats, professional communities, and groups navigating change, these sessions create space for reflection, connection, and meaningful dialogue.

The best speaking experience isn't the one I can deliver anywhere.

It's the one that belongs in your room.

TRUSTED IN ROOMS THAT MATTER

SELECTED SPEAKING ENGAGEMENTS

RMACAC Conference

Bee Resilient: From Resilience to Radiance

Selected conference presenter • Developed and delivered independently

Maricopa County Community College District Student Success Conference

Selected conference presenter • Co-developed presentation and facilitated interactive session with co-presenter

YEARS BEFORE THE STAGE HAD A NAME

Before speaking became part of my business, speaking was already part of my work.

Throughout nearly twenty years in education and counseling, I regularly presented to students, families, faculty, and school communities, from grade-level auditorium presentations and parent programs to all-school gatherings and awards ceremonies.

That experience taught me something a microphone never could:

How to read a room.

EXPERIENCE & CREDENTIALS

Professional Certified Coach (PCC) • Gallup-Certified CliftonStrengths® Coach

M.A.Ed., Educational Counseling • Nearly 20 Years in Education & Counseling

WHAT HAPPENS AFTER THE APPLAUSE

They stayed to talk.

To ask how they could bring the ideas back to their own campuses. To imagine what they might create differently. To share where they saw themselves in the conversation.

That's the kind of curiosity I want to leave in a room.

LET'S BUILD THE RIGHT EXPERIENCE.

Start with the room. Then build the conversation.

No two audiences arrive in the same place.

Before an engagement, I work with you to understand who will be in the room, what they're navigating, and what you hope they'll still be thinking about after they leave.

From there, we shape an experience that meets them there.

YOUR EXPERIENCE CAN INCLUDE

PRE-EVENT DISCOVERY

A conversation to understand your audience, organizational context, goals, and the moment your people are navigating.

AUDIENCE ENGAGEMENT

Depending on the format, experiences can incorporate reflection, conversation, coaching questions, interactive exercises, or facilitated discussion.

CUSTOMIZED CONTENT

Stories, examples, reflection questions, and applications tailored to your audience while preserving the heart of the selected speaking experience.

TAKE-IT-WITH-YOU TOOLS

When appropriate, participants leave with prompts, frameworks, or resources designed to keep the conversation going beyond the event.

AVAILABLE FOR

Keynotes • Workshops • Facilitated Conversations

Conferences • Leadership Events • ERGs • Retreats

In-Person • Virtual

You know your people.
I know how to create a conversation that invites them in.

LET'S START WITH WHAT YOUR ROOM NEEDS.

Speaking engagements with Golden Hour Life Coaching are customized based on audience, format, location, and organizational goals.



YOUR ROOM HAS A MOMENT.

Let's make something of it.

GABRIELA HOLT, M.A.Ed., PCC

Speaker • Professional Certified Coach • Gallup-Certified CliftonStrengths® Coach

Founder, Golden Hour Life Coaching

LET'S START A CONVERSATION.

For speaking inquiries, collaborations, and organizational engagements:

goldenhourlifecoaching.com

gabriela@goldenhourlifecoaching.com

GOLDEN HOUR
LIFE COACHING