

Gabe Cox Media Kit

Bio:

Gabe Cox is a faith-based author, podcaster, and the founder of Red Hot Mindset. She uses her passion for running to explore ideas around productivity, simplicity, and spiritual growth. Her mission is to help you step into the fire of refinement so you can come out stronger and crush your goals, God's way. She used the success principles outlined in her book, "Mind Over Marathon: Overcoming Mental Barriers in the Race of Life," to achieve bids to the 2016, 2020, and 2021 Boston Marathons. She continues to use these principles as she strives toward new goals in business, raising a family, and mentoring others.

Topics I am passionate about:

- The Red Hot Formula for Setting and Crushing Goals
- Raising Big Dreamers: Why Our Kids Need to See Us Win
- Speak Up: Why Positive Self-Talk is Vital for Success
- Break Through Your Wall: The Athlete's Formula for Success

A few struggle/victory stories I share about:

- Overcoming a very deep depression and how I was able to change my mindset, which eventually led to me being able to come off all medication. Through this painful experience, I learned that God-discovery is the basis for self-discovery.
- Chasing a huge dream of qualifying for the Boston Marathon and the mental training and determination it took to achieve it. I learned how to set goals and not only start well, but to also finish well.
- Breaking my ankle, halting my running and putting me in recovery for more than a year -- how to stay positive in trial and come back stronger. Through this injury, I learned how to step back, stop, and re-evaluate my roles and went through a process of simplification.

Connect With Me:

- Website: <https://www.redhotmindset.com>
- Insta: [@gabecox_redhotmindset](https://www.instagram.com/gabecox_redhotmindset)
- Mindful Mamas FB Group: <https://www.facebook.com/groups/4MindfulMamas>
- Podcast: <https://www.redhotmindset.com/podcast> (can be found on any major podcasting platform under "Red Hot Mindset")
- YouTube: <https://www.youtube.com/redhotmindset>

Gabe's Books:

- Mind Over Marathon: Overcoming Mental Barriers in the Race of Life - <https://redhotmindset.com/mind-over-marathon/>
- The Lemonade Stand 2 anthology - <https://lemonadelegend.com/gabe-cox-author/>

Headshot Options:

- <https://drive.google.com/file/d/119Zq7HCOQ3Yg7djfLbauBmoXPZWkDjjB/view?usp=sharing>
- https://drive.google.com/file/d/1iU_MSI8epY-s-zN_p8FtggGIZg8cjWUp/view?usp=sharing
- https://drive.google.com/file/d/1qxm2yG3nDJgpZPhTD9_K6wwvNdPsp_Fz/view?usp=sharing

My Why:

For a long time I felt like I was drowning in diapers and schedules and trying to be the perfect mom for my three little boys. I was working hard to live up to what I thought everyone's expectations were of me, but no matter how hard I tried, I always seemed to fall short.

I put my dreams on the shelf, and there they sat for years, not because I didn't want to accomplish them, but because I didn't know what to do with them, and I didn't know that I could be a good mom AND pursue my own passions.

As a fixer, whenever our finances were tight, I'd just pick up another side job and overwork myself. Not only was I working in multiple jobs, but I was trying to keep up homeschooling and house cleaning and chauffeuring the boys to their various activities. I felt so stretched that if something didn't give, eventually I'd snap.

It was then that I knew something had to change. The transformation didn't happen overnight. There were years of habits that I needed to reprogram. But, I knew that if I wanted to be the mom that I knew I could be for my boys, I had to find purpose in my day to day work. That's when I knew I needed to go after that much sought after Boston qualifying time that would gain me a bid to the historic Boston Marathon.

Why that dream? Because I knew if I could do that, then I could do anything I set my mind to, and I knew it would be a good dream to get my feet wet and prove myself worthy of more. This was a way that I could show my boys how to go after a goal and win. I could model for them what success looks like and the principles they could use in their own lives to go after their big dreams.

Raising these three boys to be men, I've come to realize that they are looking to me as their role model. What I do has way more impact on them than what I say ever will.

As I learned the art of simplifying to make room for my dreams, I realized I had a passion to teach others how to do the same thing. That's when I began the journey of coaching, and I have loved every minute of it! I love watching others light up after years of feeling in the dark.

My mission is to help that mom, who is where I was, realize her full potential, find a meaningful goal to pursue, and hold her accountable to complete it. I help her let go of the past and live in the present as she overcomes the mental barriers standing in the way of her breakthrough. Our giants are real, but they are also meant to be defeated.