

POF – Personal Operating Framework – Tahj Holden

Tier: 2 – Delivery Coach Version

Use Context: Staff delivery based on Identity Operating Blueprint

Tags: #pof #coachsummary #tahjholden #maxpotential

◆ Identity & Role

Core Identity: Systems builder, visionary architect, force multiplier.

Tension: Deep desire to liberate others through precision—but struggles with overfunctioning and solo execution pressure.

◆ Operating Rhythm

Best Work Blocks: 9:30am–12:30pm; 9:30pm–12:00am

Low-Energy Zones: 2:00pm–4:00pm; grief recovery days required **Cadence:** 3–4 hour sprints with 1–2 hour buffers **Rituals:** Music → Whiteboard or journal → Intent check-in

◆ Pressure Profile

Sharpens Under: Doubt, external deadlines, co-creation **Breaks Under:** Family distress, solo ambiguity, invisible labor **Recovery Needs:** Emotional space, movement, narrative clarity

◆ Decision Patterns

Default Filters:

- "Will this prove I'm capable?"
- "Can I do it alone if I have to?"

Evolved Filters (Post-Coaching):

- "Will this build rhythm or require performance?"
- "Does this protect my identity while creating value?"

◆ Collaboration & Accountability

Best Fit Partners:

- Sales integrator with emotional fluency
- Vision-aligned operator

Needs:

- Emotional permission during grief waves
- Someone who can hold the vision *and* the timeline
- Progress tracked through visual maps (Notion preferred)

◆ Coaching Focus Areas

- Rhythm scaffolding for identity-based execution
- Scaling without dilution of presence
- Emotional calibration around family + legacy pressure

◆ Summary Statement

"Tahj thrives in rhythm-anchored, emotionally attuned environments where his visionary systems can breathe. Don't over-structure him. Don't leave him alone too long. The game is about clarity, not intensity."

Use this to support delivery that honors both vision and vulnerability.