MEDIA ONE-SHEET

QUENTIN McCAIN

LEADERSHIP · MINDSET · HUMAN PERFORMANCE



"Coach Q"

International Speaker | Subconscious Mindset Coach | #1 Best-Selling Author

quentinmccain.com/media | coachq@quentinmccain.com | 602-740-4476

ABOUT QUENTIN

Quentin McCain, known as Coach Q, is an international speaker, Subconscious Mindset Coach, and #1 Amazon Best-Selling Author who helps leaders and high performers identify and shift the subconscious patterns behind self-doubt, stress, and stalled performance. He is the creator of The QR5 Shift™ — Reveal, Release, Reframe, Rehearse, Respond — and has personally conducted more than 1,000 coaching sessions with business owners, executives, and elite performers. Trilingual and based between Phoenix and Rio de Janeiro, he is a prepared, engaging guest for in-studio, remote, and live virtual interviews.

AT A GLANCE

- #1 Amazon Best-Selling Author of Think On These Things
- 1,000+ coaching sessions with business owners, executives, and elite performers
- Former High Performance Coach at Growth (founded by Brendon Burchard)
- International speaker and trilingual Subconscious Mindset Coach
- Honorary Commander, Luke Air Force Base · Marquis Who's Who 2024 honoree
- St. Jude Children's Research Hospital Advisory Council

TOPICS COACH Q CAN SPEAK TO

- The Hidden Patterns Behind High Performance
- Lead Yourself First: Self-Leadership for Executives
- Break the Pattern: Moving From Reaction to Intention
- Why Knowing Better Doesn't Always Mean Doing Better
- The QR5 Shift™: Reveal, Release, Reframe, Rehearse, Respond
- Awaken the Ultimate You: See It, Speak It, Feel It

SIGNATURE IDEAS

"You don't have to be sick to get better." *"All fear is a fear of feeling."*

AS HEARD & FEATURED ON

Office Hours with David Meltzer · NLP Gym · Happy Entrepreneur Show · Becoming the 1% Podcast · Authority Magazine · Phoenix Business RadioX · Money Radio · Thrive Global · Shoutout Arizona

SPOKEN FOR

Intel · American Express · St. Jude Children's Research Hospital · City of Phoenix · Keynote, World Burn Congress (≈3,000 attendees worldwide)

Bring Coach Q to Your Next Conversation

Podcast & Media Inquiries: coachq@quentinmccain.com | 602-740-4476

Full media kit, press features, and downloadable photos at quentinmccain.com/media

Typically responds within 1–2 business days