MEDIA & PRESS KIT

# 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, professionally known as Coach Q, is an international speaker and Subconscious Mindset Coach 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 — a five-stage framework for intentional change.

Quentin is the #1 Amazon Best-Selling Author of Think On These Things: 99 Meditative Messages To Make Your Day, and has personally conducted more than 1,000 coaching sessions with business owners, executives, and elite performers. He previously served as a High Performance Coach at Growth, the coaching company founded by Brendon Burchard.

Trilingual and based between Phoenix, Arizona and Rio de Janeiro, Brazil, Quentin is an Honorary Commander with Luke Air Force Base, serves on St. Jude Children's Research Hospital's Advisory Council, and was recognized as a Marquis Who's Who honoree in 2024. He is the founder of Quentin McCain LLC and co-founder of The Leader's Edge.

## 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
- Creator of the QR5 Shift™ framework
- Keynote speaker, World Burn Congress (≈3,000 attendees worldwide)
- Honorary Commander, Luke Air Force Base
- St. Jude Children's Research Hospital Advisory Council
- Marquis Who's Who 2024 honoree

## SIGNATURE IDEAS

Short, memorable ideas Coach Q returns to in conversation:

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

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## INTERVIEW TOPICS

**The Hidden Patterns Behind High Performance**
Why capable, successful people sometimes repeat behaviors that undermine their goals.

**Lead Yourself First**
How emotional regulation, identity, and self-leadership influence exceptional leadership.

**Break the Pattern**
Moving from automatic reactions to intentional decisions and results.

**Why Knowing Better Doesn't Always Mean Doing Better**
Exploring the gap between conscious knowledge and ingrained behavioral patterns.

**Awaken the Ultimate You: See It, Speak It, Feel It**
Seeing the outcome you want even when current evidence says otherwise — and turning intention into action.

**The QR5 Shift™**
Quentin's five-stage framework for identifying, transforming, and replacing the subconscious patterns that shape how people think, feel, and perform: Reveal · Release · Reframe · Rehearse · Respond.

## FEATURED MEDIA APPEARANCES

- Office Hours with David Meltzer — "Mastering Your Mindset"
- NLP Gym — hosted by Damon Cart — "How to Become a Professional Speaker and Much More with Coach Q"
- Happy Entrepreneur Show — hosted by Che Brown — "Mindset and The Journey"
- Becoming the 1% Podcast — Episode 70
- Authority Magazine's Editor's List — "5 Tips for Optimal Wellness, Performance, and Focus"
- Phoenix Business RadioX — Mastering Your Mindset & Think On These Things
- Money Radio (1510 AM / 105.3 FM) — Overcoming Obstacles & Think On These Things

*…and many more podcast and media appearances.*

## SPOKEN FOR

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

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## PUBLISHED INTERVIEWS & FEATURES

| | |
|---|---|
| **Thrive Global** | Watch Your Mouth: Words Have Power |
| **Authority Magazine** | Coach Q of The Leader's Edge On Five Things You Need To Be A Highly Effective Leader |
| **Authority Magazine** | Getting an Upgrade: How Anyone Can Build Habits for Optimal Wellness |
| **UpJourney** | Can Narcissists Change If They Want To? |
| **Shoutout Arizona** | Meet Quentin McCain — #1 Best Selling Author & Master Mindset Coach |
| **Voyage Phoenix** | Community Highlights: Meet Quentin McCain of Quentin McCain LLC |
| **MindShift Money** | Quentin McCain Case Study |
| **HumanWindow** | How to Focus on Yourself |
| **PRUnderground (Press Release)** | Mom and Son Co-Authors Reach Best-Selling Status on Amazon |

## FOR HOSTS & PRODUCERS

### Suggested introduction

Quentin McCain, known as Coach Q, is an international speaker, #1 Amazon Best-Selling Author, and Subconscious Mindset Coach who helps leaders and high performers shift the subconscious patterns behind self-doubt, stress, and stalled performance. He is the creator of The QR5 Shift™ and has personally conducted more than 1,000 coaching sessions with business owners, executives, and elite performers.

### Questions Coach Q loves to answer

- Why do capable, successful people keep repeating the behaviors that hold them back?
- What does it mean to work with the subconscious mind, and how is it different from willpower?
- What is the QR5 Shift, and what does each stage look like in real life?
- What does "all fear is a fear of feeling" mean for a leader under pressure?
- What does "you don't have to be sick to get better" mean for high performers?

## BOOKING & CONTACT

Quentin is available for podcast, broadcast, and livestream interviews, as well as keynote addresses, breakout sessions, corporate workshops, and feature or expert-commentary requests. He works with hosts, producers, bookers, and journalists directly and is comfortable with in-studio, remote, and live virtual formats.

- High-resolution photos, logo files, and an extended bio available on request
- Instagram @coachqmccain · LinkedIn linkedin.com/in/coachqmccain · YouTube youtube.com/@quentinmccain8876

**Media Inquiries:** coachq@quentinmccain.com | 602-740-4476 | quentinmccain.com/media
Quentin typically responds within 1–2 business days.