



"Coach Q"

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

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ABOUT QUENTIN

Quentin McCain, known as Coach Q, is an international speaker 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 Q5 Shift™ — Reveal, Release, Reframe, Rehearse, Respond — 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.

AT A GLANCE

- International speaker and trilingual Master Mindset Coach
- #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)
- Marquis Who's Who 2024 honoree
- Honorary Commander, Luke Air Force Base
- St. Jude Children's Research Hospital Advisory Council

INTERVIEW TOPICS

- 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 Q5 Shift™: Reveal, Release, Reframe, Rehearse, Respond

AS HEARD & FEATURED ON

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

Bring Coach Q to Your Next Conversation

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Full 3-page media kit, press features, and downloadable photos at quentinmccain.com/media

Typically responds within 1-2 business days