



"Coach Q"

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

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ABOUT QUENTIN

Quentin McCain, professionally known as Coach Q, is an international speaker and Master 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 Q5 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

- 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
- Creator of The Q5 Shift™ framework
- Honorary Commander, Luke Air Force Base
- St. Jude Children's Research Hospital Advisory Council

INTERVIEW TOPICS

PERFORMANCE

The Hidden Patterns Behind High Performance

Why capable, successful people sometimes repeat behaviors that undermine their goals.

LEADERSHIP

Lead Yourself First

How emotional regulation, identity, and self-leadership influence exceptional leadership.



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CHANGE

Break the Pattern

Moving from automatic reactions to intentional decisions and results.

MINDSET

Why Knowing Better Doesn't Always Mean Doing Better

Exploring the gap between conscious knowledge and ingrained behavioral patterns.

The Q5 Shift™ — Quentin's proprietary five-stage framework for identifying, transforming, and replacing the subconscious patterns that influence how people think, feel, and perform: **Reveal · Release · Reframe · Rehearse · Respond.**

FEATURED MEDIA APPEARANCES

- **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.

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

MEDIA & PRESS KIT



QUENTIN McCAIN

LEADERSHIP · MINDSET · HUMAN PERFORMANCE



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BOOKING & CONTACT

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

- Keynotes, breakout sessions, and corporate workshops
- Podcast, broadcast, and livestream interviews
- Expert commentary and feature contributions for articles
- High-resolution photos, logo files, and extended bio available on request

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



Leadership, Mindset & Human Performance