

PQ Coaching Grant Steps to Success



1	Apply	<u>Apply for the PQ Coaching Grant Program.</u>
2	Approval	After you are approved, you will receive an email with the next steps.
3	Invite Others	Invite other coaches you know to join you in applying for the grant.
4	Create Your Pod	After everyone has been approved, one of you creates your Pod. <u>This short video explains how your Pod works.</u>
5	Finalize Your Pod	Once you are in a Pod, you will receive an email confirming your Pod details and members along with the next steps.
6	Download the App <small>Mandatory to Participate</small>	Download the PQ app and register your account using the email address you applied with.
7	Schedule Your Pod Meetings	Pod Leaders are responsible for scheduling your weekly Pod Meetings via a video call at a time on Mondays or Tuesdays that everyone has agreed to.
8	Subscribe to Calendar	Check your getting started email for the program's schedule of events including weekly live Q&A sessions with Shirzad.
9	Program Begins	Keep an eye on your inbox for weekly updates, guides, and more throughout the program.
10	After the Program	Upon completion of the PQ Coaching Grant Program, you will be invited to become a PQ Coach member subscriber, continuing your growth and increasing your impact by bringing mental fitness to clients with the PQ Program.