



Coach Q Launches GrowthTime! – A Transformative Coaching Fable to Elevate Business Leaders & Professionals

□ *Step into Your Power – GrowthTime! Guides Next-Gen Leaders to Unlock Purpose, Confidence & High-Impact Leadership*

AUSTIN, TX, UNITED STATES, April 16, 2025 /EINPresswire.com/ -- Your time is now. Ready to unlock your power, lead with bold confidence, and create an impact that matters?

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Your best life & leadership starts with clarity, belief, and action. Growing mindset, habits, and leadership will transform your life story. And remember — It's Always GrowthTime, baby!"

Coach Q

Professional Certified Coach (ICF) Quinn "Coach Q" Harwood has the answer. He is proud to announce the release of his new book, [GrowthTime!: A Coaching Fable – The Clear Path to Unlock Your Best Life & Leadership](#). This engaging fable offers rising professionals a clear roadmap for personal and professional growth, tackling real-world challenges head-on.

In today's fast-changing workplace, many next-generation leaders struggle with uncertainty, unclear direction, and

the internal barriers that hold them back. GrowthTime! addresses these head-on, introducing six core growth areas essential for personal empowerment and bold leadership.

Through a relatable and story-driven narrative, Coach Q delivers actionable tools to help:

- Discover your Purpose Plan
- Break through belief barriers
- Build habits to unlock freedom and focus
- Lead with confidence and authority
- Drive high-performance teams
- Inspire others with vision

Early readers praise GrowthTime! as "insightful and empowering," with tools and transformative lessons. One Amazon reviewer described it as "a revolutionary tool for leadership success," while another highlighted it "provides a clear roadmap to thriving in life and leadership," emphasizing its real-life application.

Reflecting on the book's purpose, Coach Q shared:

"My hope is that GrowthTime! ignites the next generation of leaders. The journey to unlocking potential isn't easy, but with clear guidance, a strong mindset, and the right tools, you will live with purpose, lead with boldness — and change the world you influence."

Start your growth journey today! Get your copy of GrowthTime! at www.amazon.com/author/coachq. Explore Coach Q's transformative coaching programs featured on his [official platform](#). [▶](#)

About Quinn "Coach Q" Harwood

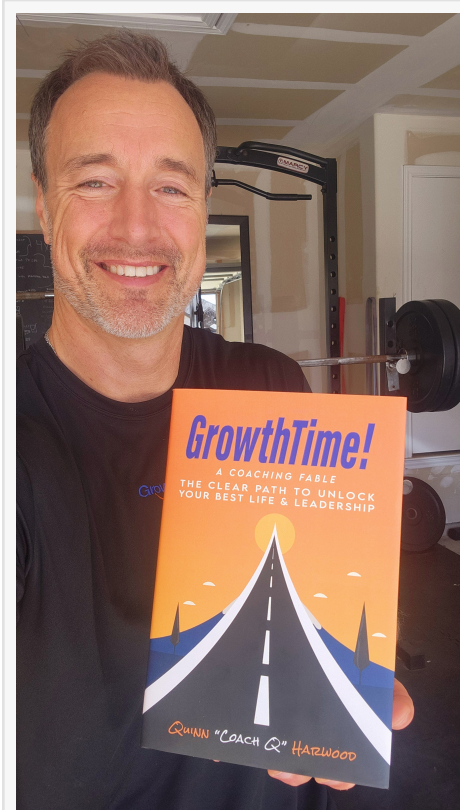
Quinn "Coach Q" Harwood is a Professional Certified Coach (ICF), leadership expert, and motivational speaker dedicated to helping Gen Z and Millennial leaders [unlock their full potential](#). A former professional basketball player and Davidson College graduate turned corporate leader, Coach Q has delivered thousands of coaching sessions to mid-level managers, rising professionals, and small business owners. Known for his fresh, no-fluff style, Coach Q inspires the next generation to make a meaningful impact in the world they influence.

Quinn Harwood

GrowthTime!

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A book. A mission. A movement. It's time for GrowthTime!

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