

# 10X STAGES

## Aaron Quinonez

CEO At QActual, Coach, Speaker



### ABOUT AARON

Aaron “SgtQ” Quinonez, a former Marine Corps special forces operator turned mental health pioneer, transformed his struggles into triumph, rising from homelessness to multimillionaire. He’s the creator of the lifesaving QActual app, which dramatically lowered suicide-related ER visits. His efforts earned him the Presidential Lifetime Achievement Award. As a chaplain for the Seattle Seahawks Task Force 12 and a motivational speaker, SgtQ now drives leaders to cultivate team success through collective mental health empowerment.

Aaron is on a mission to educate one million leaders to empower 100 million people to heal from trauma and become high performers by 2038.

### NOTE TO MEETING PLANNERS

#### ***A MENTAL HEALTH EXPERT AND HIGH-PERFORMANCE COACH***

Aaron Quinonez shows your audience how to heal from trauma, build resilient teams, and scale their businesses with his proven strategies and tools.

**CONTACT AARON QUINONEZ | [SgtQ@QActual.com](mailto:SgtQ@QActual.com)**

## INTRODUCTION TO **AARON'S TALK**

### How To Build Mentally Resilient, High-Performing Teams

Many teams are stuck in a cycle of mental health challenges that hinder their performance and growth. In this talk, SgtQ helps your team break free from this cycle by identifying the three mental health “camps” they belong to and guiding them towards “Camp Hope.” This journey of self-awareness enables your team to build trust and communication that nurtures a positive service culture, resulting in resilient teams and scalable processes for revenue enhancement. Attendees will walk away with actionable steps for engaging in meaningful conversations with team members, creating a service-oriented culture that supports team resilience, and implementing cost-effective processes for revenue optimization.

### WHAT ARE PEOPLE SAYING?

“I am writing to recommend Mr. Quinonez as a gifted and captivating speaker for any speaking engagement or event. Having had the pleasure of witnessing Aaron ‘SgtQ’ Quinonez’s speaking abilities, I can attest to his talent, passion, and ability to engage and inspire audiences.”

— **MIKE FLOOD, VP, OUTREACH & EXTERNAL AFFAIRS**  
**SEATTLE SEAHAWKS TASK FORCE 12**

“Aaron and his organization were instrumental in helping our company, Orion Industries, through challenges we faced regarding staff wellness, particularly regarding mental health. His approach to mental health training has positively impacted how Orion approaches staff wellness. He is a thoughtful and insightful trainer with amazing communication and interpersonal skills.”

— **KRISTINA PRESSLEY, DIRECTOR OF HUMAN RESOURCES**  
**ORION INDUSTRIES**

“As the Assistant Chief of Police for Auburn PD, I have had the opportunity to hear numerous speakers from various backgrounds and expertise. However, SgtQ has shown to be a true standout, consistently delivering powerful and impactful presentations that leave a lasting impression on the audience. SgtQ possesses a natural ability to connect with the audience, regardless of their size or composition. He has a commanding presence on stage, delivering his message with confidence, authenticity, and enthusiasm.”

— **SAM BETZ, ASSISTANT CHIEF OF POLICE**  
**AUBURN PD**

Aaron Quinonez guides business leaders to cultivate mentally strong and productive teams that can grow their businesses. His vision is to train one million leaders to inspire and teach 100 million people to overcome trauma and achieve peak performance by 2038.

