

1	Apply on LinkedIn	Apply to the PQ Coaching Grant Program on LinkedIn.
2	Confirm Enrollment <small>Mandatory to Participate</small>	After applying on LinkedIn, you will receive an email asking you to confirm your enrollment.
3	Approval	Invite other coaches you know to join you in applying for the grant.
4	Download the App <small>Mandatory to Participate</small>	Download the PQ app and register your account using the email address you applied with.
5	Meet Your Pod	Every coach that participates is placed into a support and accountability group, called a Pod. Please reach out and introduce yourself to your Pod mates via email. (Note: This short video explains how your pod works.)
6	Schedule Your Pod Meetings	Pod Leaders are randomly assigned and responsible for scheduling your Pod’s weekly meetings via a video call on Mondays or Tuesdays at a time everyone has agreed to.
7	Subscribe to Calendar	Check your getting started email for the program’s schedule of events including weekly live Q&A sessions with Shirzad.
8	Program Begins	Keep an eye on your inbox for updates, weekly program guides, and more throughout the program.
9	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.