



ROOTED: The Integration of PQ into a Global Spiritual Movement

How God Has Been Using PQ Since 2020 to Reveal a Greater Plan

“You see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace.”—Nehemiah 2:17

I believe God has been using Positive Intelligence (PQ) as a tool to prepare Christian coaches, leaders, and believers for something greater since 2020. Many of us initially engaged with PQ to understand mental fitness and personal transformation, but over time, it became clear that this was not just a personal development tool—it was a divine setup for something much bigger.

Like Bezalel, Cyrus, and Darius, PQ has been a bridge—a preparatory phase—clearing mental and spiritual clutter so that a greater work of renewal could take place. That greater work is ROOTED—a holistic framework integrating mental fitness, spiritual formation, and leadership development into a global renewal movement.

I. From PQ to ROOTED: A Divine Setup for Something Greater

When many Christian coaches first encountered Positive Intelligence, it seemed like a practical system for overcoming self-sabotage and building a healthier, more resilient mindset. But what if God had a greater plan all along?

What PQ Has Been Doing Since 2020

- Breaking mental and emotional captivity (like Cyrus)
- Developing resilience for lasting transformation (like Darius)
- Preparing minds and hearts for deeper spiritual work (like Bezalel)

PQ has not replaced faith—it has cleared the way for faith to go deeper.

But now, a shift is happening. The time of preparation is over—now is the time for building. Just as Nehemiah gathered the people to rebuild the walls of Jerusalem, ROOTED is calling Christian PQ Coaches to help build something greater—a movement of integrated, biblically centered renewal.



Key Insight: *PQ has been a season of preparation—ROOTED is the next phase of divine restoration.*

Nehemiah: The Biblical Parallel to ROOTED

Nehemiah saw the brokenness and took action

- The walls of Jerusalem were in ruins, and the people were vulnerable and scattered.
- Nehemiah recognized the need for full restoration, not just surface-level fixes.
- He gathered leaders, created a strategy, and led a movement of renewal.

II. ROOTED Aligns with Nehemiah's Mission

- Many Christians today have experienced breakthroughs in mental fitness through PQ but lack a full framework for spiritual renewal.
- ROOTED provides a strategic, biblically integrated approach to rebuilding faith, leadership, and wholeness.
- Just as Nehemiah didn't just clear the rubble but rebuilt the walls, ROOTED moves beyond self-improvement into lasting transformation for individuals and communities.

Key Insight: *ROOTED is not just a coaching model—it is a Nehemiah-level restoration movement.*

III. How ROOTED Expands on What PQ Began

PQ's Role (Preparation)	ROOTED's Role (Building & Deployment)
Clears mental resistance (Saboteurs)	Rebuilds faith and spiritual identity (True Self in Christ)
Develops mental fitness	Integrates faith and spiritual formation into leadership
Helps individuals break free from self-sabotage	Provides a framework for lasting transformation
Focuses on personal breakthroughs	Equips leaders to disciple and transform others
Prepares the mind for renewal	Implements a full system for Christian coaching, leadership, and global renewal



PQ was the first step, but ROOTED provides a complete framework for living out a transformed identity in Christ and leading others in renewal.

Key Insight: *PQ gave us **tools**—ROOTED provides us with a **mission**.*

IV. ROOTED: A Global Movement of Christian Renewal

ROOTED is More Than a Framework and Coaching Model—it's a Global Calling

ROOTED is not just about helping individuals grow—it is about raising up Christian coaches, leaders, and transformation agents who will:

- Heal broken spiritual foundations
 - Train leaders in biblically-centered coaching
 - Integrate faith and leadership into a movement of lasting renewal
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How God Has Been Revealing This Since 2020

Since PQ first emerged with its inaugural cohort, an initial Core Team of Christian coaches sought to explore the intersection between PQ and the Christian faith and determine if integration was possible. I was divinely led to PQ in May of 2022 and was part of Cohort 10. At the beginning of 2023, I began to sense that PQ was part of something greater and was led to start publishing our group meetings on the PQ for Christians podcast. Since July 2023, the podcast has reached **twenty-six countries**, which supports the global aspect of the movement.

- God has been preparing minds and hearts.
 - He has been gathering Christian coaches and leaders who are ready to go deeper.
 - Now, the invitation is clear—Join the ROOTED Global Movement and become part of what God is building.
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V. The Invitation: Will You Help Build This Movement?

Nehemiah didn't build the walls alone—he called others to join him.

ROOTED is a call to action—an invitation for those who have already experienced some level of mental fitness (renewal) through PQ to consider now stepping into **a larger mission of spiritual renewal**.

- Will you step beyond mental transformation and into leadership for global renewal?
 - Are you ready to become part of a movement that integrates mental fitness, faith, and leadership into a transformative coaching model?
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How to Take the Next Step

- Discover more about ROOTED and how it builds on PQ while inviting God into the conversation.
 - Explore how you can be part of this movement—whether as a coach, leader, or transformation agent
 - Begin integrating the [ROOTED Framework](#) into your coaching practice and spiritual journey
- “The time for rebuilding has come. Will you be part of what God is doing?”
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Final Thought: ROOTED is the Fulfillment of the Spiritual Journey

- PQ was the beginning—a tool to clear the way for transformation.
- ROOTED is the next step—a movement that integrates biblical coaching, leadership, and spiritual renewal into a framework that lasts through eternity.
- ROOTED is not just another coaching model—it is a global calling to **rebuild, restore, and transform** lives through the power of faith, coaching, and leadership.

ROOTED is the fulfillment of the journey—and a beginning.
You have been invited to live in divine presence.
Now you are equipped to lead others into it.

Join the ROOTED Global Movement at [TCBCL.org](https://tcbcl.org), and partner with us in awakening transformation—one life, one leader, one remnant at a time.