



Q Pathfinder Guide

Part One

Pre taking the Q Pathfinder





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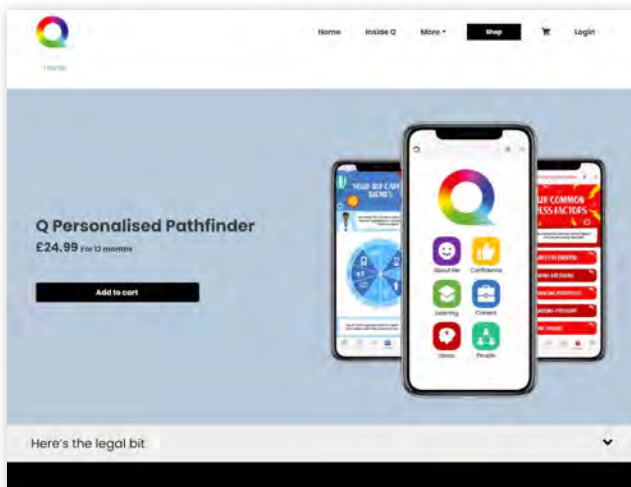
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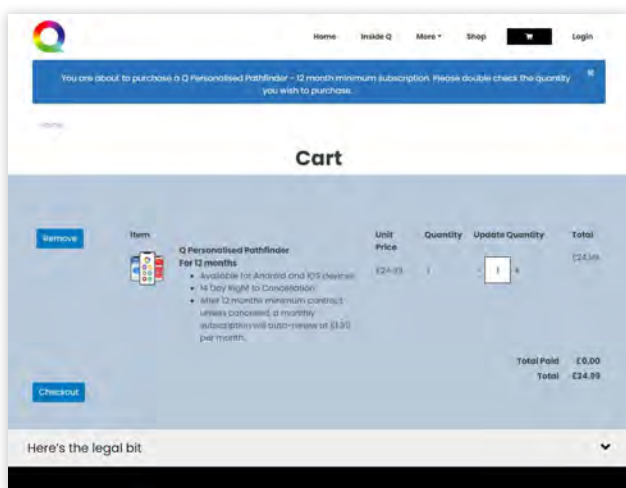


1.1 How to buy a Q Pathfinder – step by step



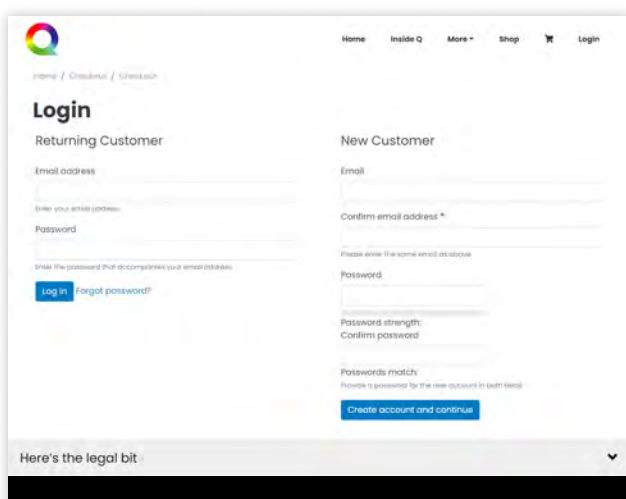
1

Go to: <https://qpathfinder.com/shop>
Press the '**Add to cart**' button.



2

Update the quantity if you want more than one Q Pathfinder.
Press the '**Checkout**' button.



3

Create new customer Q website account and when complete press the '**Create account and continue**' button.

If you are a returning customer log in by entering your email address and password.



4

Enter your payment details except if you have a 100% off discount code.

5

Enter your name and address details.

6

If you have a discount code then enter this in the '**Discount code**' box and press the '**Apply code**' button.

7

Tick the box marked '**I agree to the Terms and Conditions detailed below.**'

8

Then press the '**Pay and complete purchase**' button. You will go to an '**Order Confirmation**' page.

9

Order confirmation

Read the section on What next? It explains that the unique Q access code to create a personalised Q can be found in your 'Welcome to Q' email. There will be one for each Q ordered, along with a Q user guide.

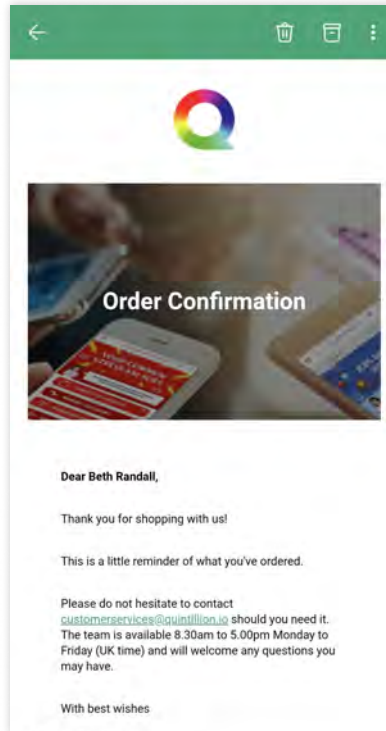


10

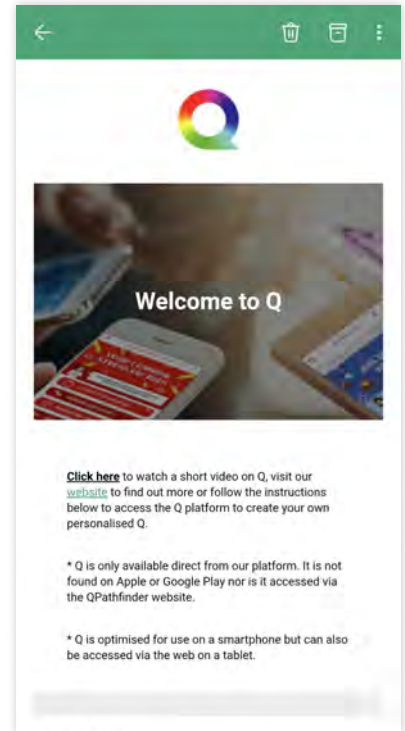
You should now have these emails (please check your spam/junk folder too):



You are now registered at
Q Pathfinder



Order confirmation



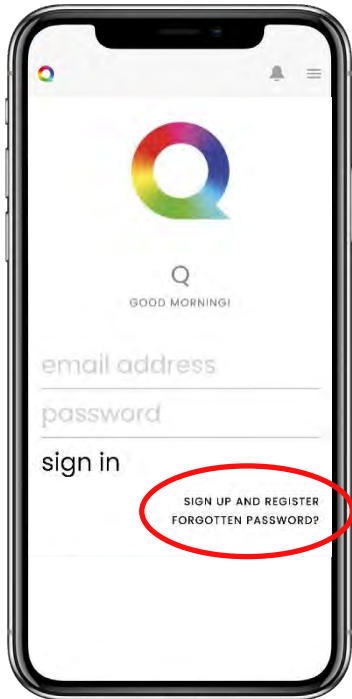
Welcome to Q (number
depends on quantity of Q's
ordered)



1.2 How to create a personalised Q:

1

Open your 'Welcome to Q' email and go to <https://q1.enable.com/> and tap 'sign up and register'



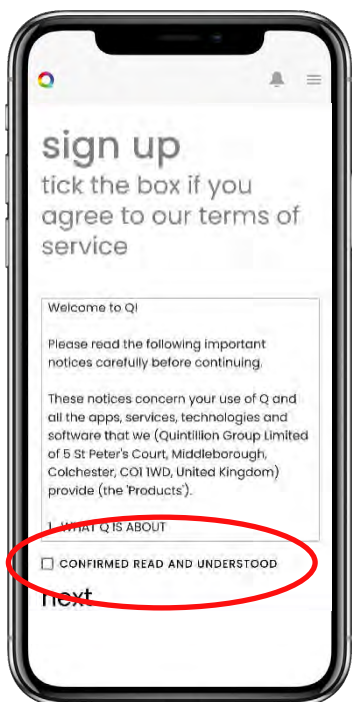
2

Complete the registration form.

A registration form titled 'sign up' with the subtitle 'enter your details to create your Q account'. It contains the following fields: 'First Name', 'Last Name', 'School or Organisation Name', 'Email', 'Gender' (with a dropdown arrow), 'Country' (set to 'United Kingdom (UK)' with a dropdown arrow), 'Region' (with a dropdown arrow), 'Date of Birth' (with sub-fields for 'day', 'month', and 'year', each with a dropdown arrow), 'Access code' (with a lightbulb icon and the text 'This access code is in the 'Welcome to Q' email'), and a 'next' button at the bottom.

3

Agree to terms of service.



4

Set a Q app password

A mobile app sign-up screen titled 'sign up' with the subtitle 'enter a password to secure your account'. It contains input fields for 'password', 'confirm password', and a 'confirm account' button at the bottom.

A black and white photograph of a smartphone screen. The screen displays a confirmation message from Google. At the top, the Google logo is on the left, and a bell icon and a menu icon are on the right. The main text on the screen reads: "confirmation email sent" in a large, bold font, followed by "please check your email to verify your account" in a smaller font. The phone's physical home button is visible at the bottom.

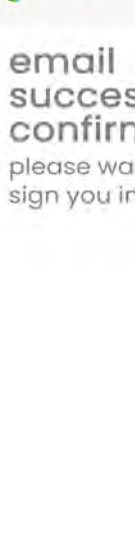
confirmation email sent

please check your email to verify your account

Hi Beth,

A new user account has been created for you. Please click the link below to activate your account.

Once your account has been verified you will be directed to the Q Questionnaire. Completing this will reveal your unique and personalised outputs.



9

Before you are able to access your personalised content in Q, please answer some questions about yourself (it takes 20-30 minutes). Your answers will always be saved if you want to leave the app and come back to it. The more honest you are the more accurate your personalised content will be.

I am the sort of person who...
Rarely feels tense

0%

Select an answer...

Strongly agree Agree

Neither agree nor disagree

Disagree Strongly disagree



1.3 What's in it for a Young Person – why invest 30+ minutes of time

User outputs are set into three categories:

Key facts about young people's development

How Q can support

Questions to see if Q delivers what is needed

Q supports feeling good...

Research shows that young people have a need to contribute to society. It makes them feel valued and in doing so can safeguard against anxiety and depression.

Q can support young people to navigate their future path. By understanding what their unique natural talents and strengths are and what motivates them, they can better identify how they can contribute to society in a way that is aligned with them. This creates a better sense of wellbeing and it builds mental fitness.

Q: How useful would it be to know what you can do with your life in the future that is in tune with who you are?

Q supports building people skills...

During the teenage years part of the brain is primed for social and emotional learning so young people can learn to contribute to the social world. There is a need to explore, to interact, to take chances, to leave the nest. This is why the social isolation caused by Covid-19 in particular, is so heartfelt and impactful on wellbeing.

Q can support young people to know how they prefer to relate to others, manage their emotions and understand what their primary motivations behind engaging with other people are. It will explain how others can impact them and how they can be impactful too. It shows how to have that difficult conversation along with ways to build more positive relationships. Developing self-awareness is essential to building better communication skills. More skills, deliver more choice options when engaging with others.

Q: What difference would it make if you could get along with others better and understand why they can impact you and how you can impact them?



Q supports a learning mindset...

The world of work is changing fast. A life long learning mindset is necessary to be able to develop new skills, when needed, in order to keep up. As a young person, the ability to learn from experiences all depends on what scaffolded opportunities are given in order to learn. Protective factors in one's environment support positive outcomes e.g. supportive relationships with family and caretakers and access to scaffolded opportunities to learn in positive ways.

Q is a scaffolded opportunity. It can support young people, in a personalised way, to understand how they can learn best and then how to apply that knowledge to learning environments they find themselves in.

Q:What difference would it make if you could ease the stress of learning?

Q supports better decision making...

The specifics of what today's young people are learning and what they are not learning may bear an alarming rise in depression and anxiety. Whether it's a supportive, solution-focused orientated discussion or a ruminative, hopeless discussion will have a big effect. Too often young people who are tending towards depression and anxiety have a tendency to ruminate, and they find friends both online and offline who feed that tendency rather than peers who help them move beyond it.

Q is non-judgemental, supportive, personalised, informative and totally positive in tone. It takes 40 years of scientific research and practice in building wellbeing, self-awareness and personal performance, which helps business leaders and elite sports stars perform under pressure and puts it in a smartphone. It helps them understand themselves better and enables them to reflect on this so they can start to ask the right questions to reach more informed decisions when challenges arise. This positive outcome supports confidence building and shows that choices do exist. Q believes young people can be more empowered and in control of their life journey than they may think is possible.

Q:What do you think about having a source of information that is personalised to you that doesn't judge, is positive and can support you, in key areas, when you feel pressure to make important decisions?



Q supports finding a life purpose...

Advances in developmental science emphasise young people's concern with status and respect, their evolving sense of self in relation to the wider world and their need to contribute and find purpose. Purpose is a powerful form of identity as it doesn't just answer the question of who you are, but it's an answer to the question of who you're going to be and the direction you're heading in.

Q is personalised to a young person. Due to the knowledge in it and how it is applied to key areas young people in our research told us they wanted more help with, it supports greater self-understanding and insight about what is possible to create in their lives. With this information a young person can move from a place of uncertainty to one of greater clarity about their future and place in the world.

How would you feel if you could be supported, in a personalised way, to answer questions about...

- Making career choices
- Understanding individual strengths and potentials
- Building skills, especially with relationships
- Learning more effectively
- Developing confidence, mental fitness and wellbeing
- Creating and achieving goals





Q supports creating thrive zones...

Successful people, however you choose to define success, have a winning life formula. They understand who they are, they figure out what they want, and they believe in themselves and their ability to go and get it. Then they take action daily to reach their goals focusing on the end result and believing in themselves and their abilities regardless of the obstacles. They will seek a climate in which they will thrive. They also understand and play to their strengths and they understand and manage their behavioural gaps. We all have these, there are no exceptions.

Q can support a young person in a personalised way to understand who they are in terms of their strengths and how to develop more of these. It can support them to understand what they want and what climate will work best for them to thrive. It shows them what is likely to support them and hold them back when learning and when setting their goals. It will guide them on what will support them to build their confidence in relation to themselves, others and in groups.

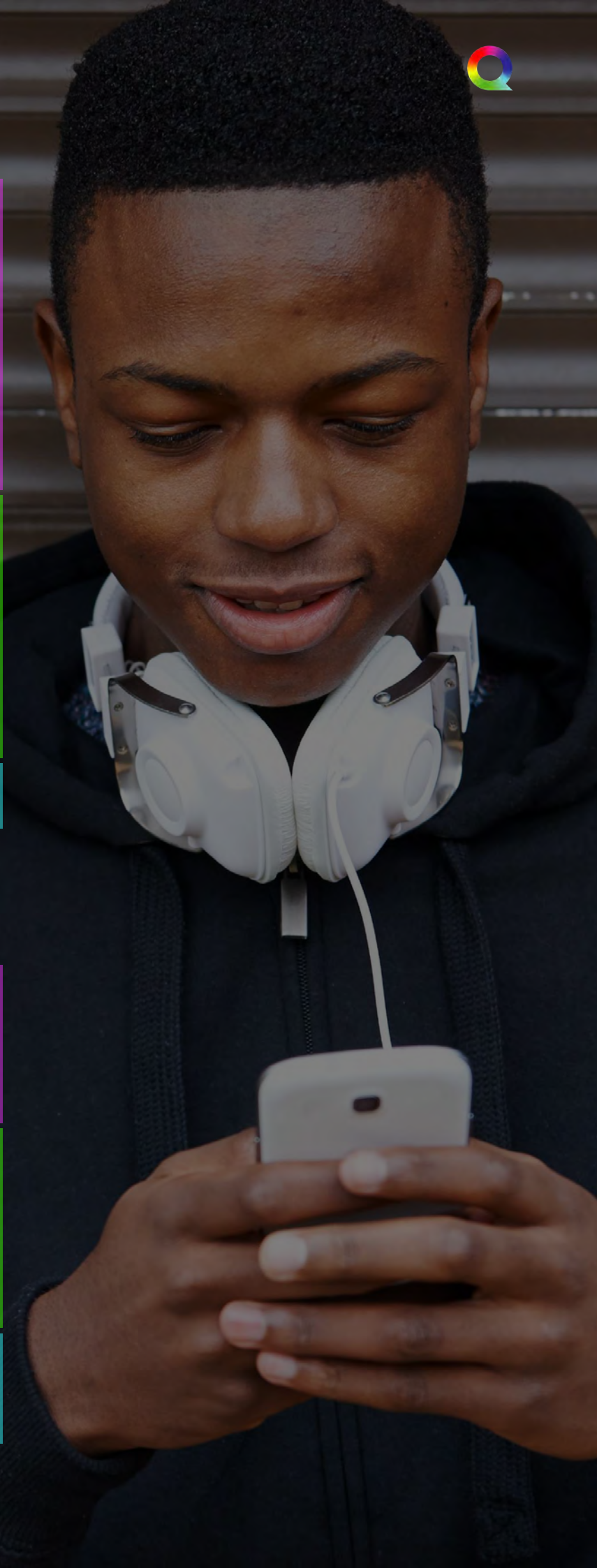
How useful would it be to understand what conditions create a thrive zone for you?

Q supports having more choices...

The most successful volunteer programmes give young people a say in what to work on and a chance to reflect on the work, so the projects feel meaningful. It is the same in life. Young people want a greater sense of control in making their own decisions.

This is why Q adopts a coaching approach. It never makes the decisions. It just provides personalised information that supports young people to reflect on the area of interest, with meaningful insights and simple exercises so they can explore alternative choices and make their own decisions, feeling more self-aware and in control of things as they move forward.

What do you think about having some tools to help you reflect on the areas of your life you are concerned about where you ultimately can have more choice in how you react and behave?





1.4 The Q Pathfinder guide menu

Once Q's questionnaire is completed consider which areas are of most interest with this quick menu guide.



About Me

What it can tell you

 Videos on being unique	Videos
 Who I am	Thinking & doing
	Relating to others
	Managing emotions
	My drivers
 Your strengths	Thinking & doing strengths & potentials
	Relating to others strengths & potentials
	Managing emotions strengths & potentials



Confidence

How this will help build confidence

 Making confidence easier	Videos
	My confidence drivers
	My top tension points
	My 'bad day' behaviour
 Build my confidence	Videos
	Managing my confidence drivers
	Managing my tension points
	Managing my 'bad day' behaviour
	Explore my confidence zones



Learning

How this will guide more effective learning

 Make my learning easier	Videos
	How I like to learn best
 Survive the classroom	Me in the classroom
	Top tips
 Manage my homework	Me and my homework
	Top tips
 Control my revision	Me and my revision
	Top tips
 Succeed at exams	Me and my exams
	Top tips
 Goal setting	Manage my risks
	My motivations influence



Careers

How this matches to career pathways

 Make choosing a career easier	Videos
	My top career themes
 My career options	My career fit
	Careers A to Z
	Top tips
	Set a goal



Stress

How this can help deal with stress

 Managing stress better	My common stress factors
 Reduce my stress	Videos
	My strengths and potentials
	My stress monitoring questionnaire
	Common thinking errors
	Stress busting ways to think
	My ABCDEF stress review
 Further resources	Further resources for you



People

How it will enhance communication with the people you know

 Make relationships easier	How you connect to the world
 Develop quality relationships	My strengths and potentials
	Having difficult conversations



1.5 Q's tabs

Q has a tab system at the top of each page once the relevant icon button has been pressed that moves ← and → so you can explore more insights.

