

Become an RQi™ Practitioner



raise your resilience

The Resilience Quotient Inventory™ (RQi™)

The RQi™ is the best-studied and most comprehensive resilience psychometric in the world. It measures beliefs, behaviours and environmental factors that are proven to protect people against stress and burnout. The RQi™ is used in one-to-one coaching, group workshops and team programmes to build resilience and boost performance in the workplace. The RQi™ is trusted by some of the world's most successful organisations, including Microsoft, Johnson & Johnson and BAE Systems.

RQi™ Practitioner course

You can qualify as an RQi™ Practitioner by completing our three day certification course. You'll learn how the RQi™ was designed and tested and how to use the report in one-to-one coaching sessions. RQi™ Practitioners can continue their training to become Master Practitioners, who are qualified to deliver our group workshops and organisational consultancy using the RQi Team Report™.

Course entry requirements

To attend the RQi™ Practitioner course you must have at least one of the following: (1) significant coaching experience in a professional context (either as an independent consultant or internal performance coach); (2) a recognised coaching qualification, for example a course accredited by the International Coach Federation; (3) BPS Test User (occupational) and/or Specialist in Test Use qualifications or (4) completion of a two-day core coaching skills course delivered by Kirros Consulting.

4 reasons to become a qualified RQi™ Practitioner:

1

Use the best-tested resilience psychometric on the market



2

Grow your business with a product trusted by some of the world's biggest companies.



3

Gain access to a wealth of coaching tools and techniques from positive psychology



4

Attend free networking events and resilience masterclasses



As a qualified Practitioner you can use the RQi™ with:

Individuals/ frontline staff

to help promote resilience, wellbeing and high performance.

Senior Executives

to enable leaders to better manage high pressure, major change and crisis situations.

Teams

to help teams manage periods of rapid change, high pressure and uncertainty.

Future Leaders

to identify and develop the senior leaders of the future.

Accreditation & Fees

Those who successfully complete the RQi™ Practitioner course can purchase RQi™ Reports from Kirros for use in one-to-one coaching sessions with their clients (according to the Terms and Conditions of an RQi™ Practitioner). The training costs £1,400 +VAT, which includes all support materials and a customisable area on the RQi™ portal to administer questionnaires and distribute reports to customers. As part of the training, participants are given three free RQi™ reports to use for marketing purposes.

Wholesale Prices

All prices exclude VAT. Discounts available for orders of +100 RQi's.

Individual RQi™ Reports	PDF	£60
Individual RQi™ Reports	Printed bound reports	£80
Standard RQi Team Report (<30 people)	PDF	£200
RQi Team Report™ + Executive Summary	PDF	£400
RQi Sub-Scales and Resilience Activities	Card packs	£20

Contact the Kirros team on:
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RQi™ Practitioner Course Outline

Learning Objectives

- ✓ Describe the main factors that impact resilience and wellbeing in the workplace
- ✓ Explain how the Resilience Quotient Inventory™ (RQi™) was designed and tested
- ✓ Describe what high and low scores on the RQi™ sub-scales mean in behavioural terms
- ✓ Undertake one-to-one coaching sessions with the RQi™

Total course length = 3 days



Step 1 Preparation/e-learning



Before the group workshops, participants are required to complete two e-learning modules and the RQi™ questionnaire. Distance learning is delivered through the RQi™ portal (www.myrqi.com). RQi™ reports are distributed during the workshops.

Step 2 Group Workshop/Webinars



The group sessions are delivered either as face-to-face (over 2 days) or online (2 1/2 days). The face-to-face workshops run from 09:30 - 16:30. When delivered online, the half-day follow-up is 09:30 - 12:30. During the workshops, delegates learn about the behavioural consequences of high and low scores on different RQi™ sub-scales and how to coach people with an RQi™ Report.

Day 1

- Models of stress and resilience
- High and low scores on the RQi™ sub-scales: What do they mean in practice?
- Interpreting different RQi™ reports: What do certain score combinations suggest?
- Working with clients

Day 2

- Core coaching skills
- Coaching clients with the RQi™, with case studies and video examples
- Practice coaching in pairs
- How to use the RQi™ portal

Step 3 Practice Coaching



After the group workshop, participants undertake three coaching sessions (in their own time) with practice clients who have completed an RQi™. This can be with friends, family or colleagues. A self-reflective learning log is completed after each session.

Step **4** Online Assessment



The final stage involves completion of an online multiple-choice exam. The assessment is designed to test your knowledge of the RQi and the client coaching process. The pass mark is 75%.



This course is run by **Matthew Critchlow**, PhD, Director of Kirros and Visiting Lecturer at the University of Westminster.

Accreditation as an RQi™ Master Practitioner

RQi™ Practitioners have the option to continue their training to become Master Practitioners. RQi™ Master Practitioners are qualified to deliver our group workshops and organisational consultancy using the RQi Team Report™.

The investment is £1,600 +VAT, which includes training, ongoing support, access to workshop materials. Download the Master Practitioner brochure here: <https://bit.ly/RQi-Master-Practitioner-brochure>.

developed by



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