

RQi™ Master Practitioner Course



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 help build resilience and enhance performance in the workplace.

RQi™ Master Practitioner course

The RQi™ Master Practitioner course is a 3 ½-day programme (including self-study time) for qualified RQi™ Practitioners who want to develop their skills further. On this course you will develop the knowledge and skills to run a variety of resilience workshops and use the RQi Team Report™ to design bespoke sessions for teams. The workshop materials have been developed by Kirros using insights from positive psychology, health psychology, and the latest neuroscience research.

Course entry requirements

Participants on this course must first complete the RQi Practitioner course:
<https://www.kirros.com/rqitm-practitioner-certification>

Why become an RQi™ Master Practitioner?

1

Work with the RQi Team Report™ to design bespoke programmes for teams.



2

Deliver tried-and-tested group workshops on resilience and wellbeing.



3

Receive regular research updates from Kirros and the University of Westminster.



4

Gain fast-track accreditation for the new student RQi™ (available in 2026).



Who's benefiting from RQi™ programmes?



L'ORÉAL



MERCK



GILEAD



UNIVERSITY OF
WESTMINSTER



Accreditation & Fees

RQi™ Master Practitioners are accredited to run group workshops using materials designed by Kirros and use the RQi Team Report™ to design bespoke programmes for teams. 20 mini-modules are available on a variety of resilience and wellbeing topics.

The training fee is £1,600 +VAT, including all support materials and ongoing support from a Kirros Consultant.

Contact the Kirros team on:
+44 (0)800 471 4734
team@kirros.com

RQi Report Prices*

All quoted prices are for the UK and Europe only and exclude VAT. Discounts available for orders of 100+ RQi's.

Individual RQi™ Reports wholesale	PDF	£60
Individual RQi™ Reports retail	PDF	£120
Standard RQi Team Report (<30 people)	PDF	£200
RQi Team Report™ + Executive Summary	PDF	£400
RQi Sub-Scales and Resilience Activities	Card packs	£20

*The RQi™ wholesale price is only available to independent RQi™ Practitioners. For corporate (in-house) Practitioners, the RQi™ is charged at the standard retail price of £120 +VAT.

RQi™ Master Practitioner Course Outline

Learning Objectives

- ✓ Deliver a series of group workshops, designed by Kirros, to support workplace resilience and wellbeing
- ✓ Use the RQi Team Report™ to design group sessions for teams
- ✓ Provide organisational consultancy based on the Transactional Theory of Stress and Resilience

Total course length = 3.5 days



Step 1 Preparation



Read our white paper: **The Transactional Theory of Stress and Resilience (TTSR): A "joined-up" approach to managing resilience and wellbeing in the workplace.**

Written by Dr Matthew Critchlow in 2022 and updated with new research in 2025.

Step 2 Interactive Webinars



The facilitators deliver three half-day webinars covering a range of resilience topics so participants get to experience the workshop materials first hand. We also describe how to design resilience programmes based on customer needs.

Session 1: Flow Moments & Job Crafting • An Introduction to Stress Physiology

Session 2: Introducing the RQi Team Report • An Overview of Physiological Stress Testing.

Session 3: Celebrate Your Strengths • Covey Circle of Concern exercise • Negativity Bias and Positive Reframing

Step 3 In-person workshops



Part 1: The facilitators present the theoretical foundations that underpin our approach to resilience and run a live group coaching session based on participant's RQi™ Team Report.

Part 2: Participants work with a series of real-life RQi™ Team Reports to practice workshop design for teams.

Follow-up sessions

Facilitator



Participants have the opportunity to invite a Kirros consultant to a live training session to gain further feedback and learning.



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

Development for RQi™ Master Practitioners

Kirros offers ongoing development for RQi™ Master Practitioners, including:

- Masterclasses on resilience, wellbeing & behavioural science
- Individual tuition on how to use the Organisational Resilience & Performance Questionnaire (OrgRPQ™), which measures work organisation factors that impact stress and resilience
- An invitation to join our Community of Practice (CoP) for Resilience & Wellbeing Practitioners, held on the first Friday of every month (online)

developed by



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