

# 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 help build resilience and enhance 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 3-day certification course. You'll learn how the RQi™ was designed and tested and how to use the report in one-to-one coaching. RQi™ Practitioners get their own customisable area on the RQi portal ([www.myRQi.com](http://www.myRQi.com)) to administer questionnaires and distribute reports.

### 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 the Kirros 2-day core coaching skills course.

## 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:

## Frontline Staff

to help promote resilience, wellbeing and high performance.

## Senior Executives

to enable leaders to better manage high pressure, 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

RQi™ Practitioners are accredited to use RQi™ Reports in one-to-one coaching sessions with their clients (according to the terms and conditions of an RQi™ Practitioner).

Once accredited, RQi™ Practitioners can purchase RQi™ Reports from Kirros at the wholesale price (right).

The course fee is £1,400 +VAT, which includes all support materials and a customisable area on the RQi™ portal to administer questionnaires and distribute reports to customers.

**Contact the Kirros team at:**  
+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 are available for orders of 100+ RQi's.

|  |            |      |
|--|------------|------|
| Individual RQi™ Report   wholesale*      | PDF        | £60  |
| Individual RQi™ Report   retail          | PDF        | £120 |
| Standard RQi Team Report   wholesale     | PDF        | £200 |
| RQi Team Report™ + Executive Summary     | PDF        | £400 |
| RQi Sub-Scales and Resilience Techniques | 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. For prices outside the UK and Europe, please email: team@kirros.com.

# 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 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](http://www.myrqi.com)). RQi™ reports are distributed during the workshops.

## Step 2 Group Workshop/Webinars



The group sessions are delivered either in-person or online (2 days). The workshops run from 09:30 - 16:30. During these sessions, 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
- What high and low scores on RQi™ sub-scales mean in behavioural terms
- The RQi™ outcome indicators
- Interpreting a range of RQi score combinations

### Day 2

- Core coaching skills
  - Coaching clients with the RQi™, with case studies and video examples
  - Practice coaching in pairs
- Follow-up:** How to use the RQi™ portal (instructional videos)

## Step 3 Practice Coaching



After the group workshop, participants undertake three coaching sessions (in their own time). 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 can continue their training to become Master Practitioners and thereby gain access to a range of group workshops designed by Kirros and use the RQi Team Report™ to design bespoke sessions for teams.

The investment is £1,600 +VAT, which includes 3 ½-days of tutor-led training, ongoing support, and access to 20 mini-modules on resilience and wellbeing for group delivery. Download the brochure here:

<https://bit.ly/RQi-Master-Practitioner-course>.

developed by



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