

# RQi™ Master Practitioner Course



**RQi**™ 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)20 8675 9082  
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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