

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) 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.

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)20 8675 9082
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, individual RQi™ reports are charged at the standard retail price of £120. An unlimited usage licence is also available. For all price enquiries, including 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). 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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