

# Become an RQi Practitioner



Release your potential



# The Resilience Quotient Inventory (RQi)

The RQi is a scientifically validated psychometric tool that provides a detailed measure of resilience for individuals and teams. 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 development programmes to build resilience and boost performance in the workplace.

## RQi Practitioner Training

You can train to become an RQi Practitioner by completing our 2 1/2 day practitioner course. You'll learn about the characteristics of resilient people, the psychometric properties of the RQi and how to use the report in one-to-one coaching sessions. The coaching skills we teach are based on positive psychology and Cognitive Behavioural Coaching (CBC).

### 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 Level A and B Certification or (4) completion of Thrive's two-day core coaching skills course.

## 4 reasons to become a qualified RQi Practitioner...

1

Use the best-tested resilience psychometric on the market



2

Join an exclusive network of RQi coaches and learn from your peers



3

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



4

Attend free networking events and coaching masterclasses



# As a qualified Practitioner you can use the RQi with...

**Individuals/  
frontline staff**  
*to help promote  
resilience, well-  
being 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.*

**Talent  
Management**  
*to identify and  
develop the  
senior leaders  
of the future.*

## Accreditation & Fees

Those who successfully complete the RQi Practitioner Training can purchase RQi Reports from Thrive for use in one-to-one coaching sessions with their clients (according to the Terms and Conditions of an RQi Practitioner). The Training costs £1,150 +VAT, which includes all support materials and a customisable area on the Thrive website to administer questionnaires and distribute reports to customers. As part of the training, participants are given 3 free RQi reports to use for marketing purposes.

## Wholesale Prices

All prices exclude VAT. Discounts available for orders of +100 RQis.

Individual RQi Reports	PDF	£65
Individual RQi Reports	Printed bound reports	£85
Standard RQi Team Report (<30 people)	PDF	£150
RQi Team Report + Executive Summary	PDF	£300
RQi Sub-Scales Resilience Activities	Card packs	£20

## Contact

Contact the Thrive team on:  
☎ +44 (0)800 471 4734  
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# RQi™ Practitioner Course Outline

## Objectives

- 1. Explain how the Resilience Quotient Inventory™ (RQi™) was designed and tested**
- 2. Describe the psychometric properties of the RQi**
- 3. Undertake one-to-one coaching sessions with the RQi**
- 4. Coach clients in setting goals and developing actions based on a review of their RQi Report**

## 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 Thrive e-learning portal ([www.thisisthrive.com](http://www.thisisthrive.com)). RQi reports are distributed during the workshops.

# Step 2 Group Workshop



The group workshop is a mixture of theory and practice and runs from 0930 to 1630 on two consecutive days.

## Day 1

Models of stress and resilience

The design & psychometric properties of the RQi

Working with clients

Preparation for day-2: reviewing an RQi Report

## Day 2

An introduction to Cognitive Behavioural Coaching (CBC)

Coaching individual clients with the RQi, with case studies and video examples

Practise coaching in pairs

How to use the Thrive/RQi e-learning portal

## Practise Coaching

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

# Step 3 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 feedback process. The pass mark is 75%.



This course is run by Matthew Critchlow, PhD, Director of Thrive 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 Practitioner. RQi Master Practitioners are qualified to deliver our group workshops and organisational consultancy using the RQi Team Report.

The investment is £1,500 +VAT, which includes training, ongoing support, access to workshop materials, 12 free RQi profiles and 10 free RQi team reports. Participant workbooks, which are required to run the training courses, are purchased from Thrive at £15 +VAT per copy.



**Resilience  
Quotient  
Inventory®**

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