

Become an RQi Practitioner



RQi[™]

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 three 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. Once qualified, RQi Practitioners can continue their training to become Master Practitioners. RQi Master Practitioners are qualified to deliver our group workshops and organisational consultancy using the RQi Team Report.

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 resilience masterclasses



As a qualified practitioner you can use the RQi with...

Individuals/ frontline staff

to help promote resilience, wellbeing 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 £1,400 +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 three 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	£55
Individual RQi Reports	Printed bound reports	£75
Standard RQi Team Report (<30 people)	PDF	£150
RQi Team Report + Executive Summary	PDF	£300
RQi Sub-Scales and Resilience Activities	Card packs	£20

Contact the Thrive team on:
+44 (0)800 471 4734
info@thisisthrive.com

RQi™ Practitioner Course Outline

Learning Objectives

- ✓ Explain how the Resilience Quotient Inventory™ (RQi™) was designed and tested
- ✓ Describe the psychometric properties of the RQi
- ✓ Describe what high and low scores on the 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 Thrive e-learning portal (www.thisisthrive.com). RQi reports are distributed during the workshops.

Step 2 Group Workshop/Webinars



The group sessions are delivered either as face-to-face workshops (over 2 days) or interactive webinars (3 days). The workshops run from 09:30 - 16:30 and the webinars from 09:30 - 16:00 (days 1 and 2) and 09:30 - 12:30 (day 3). Delegates learn about the behavioural consequences of high and low scores on different RQi sub-scales and how to coach people with an RQi.

Day 1

- Models of stress and resilience
- High and low scores on the RQi sub-scales: What do they mean in practice?
- Interpreting different RQi reports: What do certain score combinations suggest?
- Working with clients

Day 2

- Core coaching skills
- Coaching individual clients with the RQi, with case studies and video examples
- Practice coaching in pairs
- How to use the Thrive/RQi e-learning portal

Step 3 Practice Coaching



After the group workshop, participants undertake three coaching sessions (in their own time) with practice clients who have completed an RQi. 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 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 Practitioners. RQi Master Practitioners are qualified to deliver our group workshops and organisational consultancy using the RQi Team Report.

The investment is £1,600 +VAT, which includes training, ongoing support, access to workshop materials, and 12 free RQi profiles.

Annual renewal of the Master Practitioner Licence is £150 +VAT.



**Resilience
Quotient
Inventory®**

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