



Become a Consulting Partner for the RQi™

Overview

The Resilience Quotient Inventory (RQi™) is a psychometric assessment that provides a detailed measure of resilience for individuals and teams. It measures beliefs, behaviours and environmental factors that enable people to cope effectively with stress and bounce back from adversity. Users complete an online questionnaire and receive a personalised report which shows personal scores across seven composite scales (or Elements) and 26 sub-scales. The report highlights strengths and potential development areas and offers tailored advice for building even greater resilience. The RQi is wholly owned by a private company in the UK: Thrive Training Ltd (www.thisisthrive.com). This document provides information about the design of the RQi and the opportunity to become an RQi Consulting Partner in the US.

Design and testing of the RQi

The RQi was developed by Thrive Training Ltd (“Thrive”) in collaboration with the University of Westminster and the Open University in the UK. The questionnaire and report are built around the Six Elements of Resilience model shown here:



RQi Facts

- The RQi was tested on > 1,500 people by Thrive and the Open University
- Approx. 2,500 people have completed the RQi as of Dec 2019
- The RQi has been used by senior management teams in high profile organisations such as Microsoft, Merck, Royal Bank of Scotland (RBS), Experian, The Home Office, Imperial College (London) and the UK Law Society.
- For more information about the RQi, download our brochure [here](#).

The RQi has undergone rigorous psychometric testing to show that it is a valid and reliable measure of personal resilience. It is used in one-to-one coaching, group workshops and team development programmes to build resilience and enhance performance in the workplace.

Training as an RQi Practitioner

Independent consultants can qualify as RQi Practitioners by completing our 2 ½ day certification course. This involves a combination of e-learning, group workshops and practice

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coaching. Delegates 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 on the Practitioner course are based on positive psychology and Cognitive Behavioural Coaching (CBC). RQi Practitioners are given a customisable area on the Thrive website to set-up new users and distribute reports to clients.

Certified RQi Practitioners have the option to continue their training to become RQi Master Practitioners. Master Practitioners are qualified to deliver our resilience seminars and workshops and provide organisational consultancy using the RQi Team Report™.

Course Entry Requirements

Applicants for the RQi Practitioner training 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) British Psychological Society (BPS) Level A and B Certification and/or (4) completion of Thrive's two-day core coaching skills course.

Consulting Partners in the USA

Thrive works with a network of Consulting Partners in the UK who have completed the RQi Practitioner training without charge in return for their feedback on the design and use of the tool with clients. Partners can purchase the RQi Report from Thrive at less than half the current market value.

We are now seeking Consulting Partners in the states of Colorado and New York to support our launch in the US market. Our aim is to develop at least two cohorts of Practitioners who can provide us with feedback on use of the tool with US clients. During 2021, our aim is roll-out the RQi in other parts of the US. Our offer to Consulting Partners is as follows:

- Thrive will support you in completing the RQi certification course remotely. This should take 2 - 2 ½ days of study time. The training involves e-learning (including video case studies), webinars (with Dr Matthew Critchlow) and one-to-one practice coaching with colleagues and friends.
- Thrive will provide 20 individual RQi reports and 5 RQi Team Reports free-of-charge. Thereafter, reports are available for 25 dollars per report. As a Consulting Partner, you can charge clients whatever you wish for the report.
- Consulting Partners are requested to provide feedback on use of the RQi with US clients so Thrive can modify the report where necessary for the US market.
- Consulting Partners have the option to become RQi Master Trainers and support us in delivering RQi certification courses in the US in Sept 2020, Mar 2021 and Sept 2021 (fees to be agreed).
- Thrive will support Consulting Partners in generating new business with the RQi through provision of digital and hardcopy marketing materials, digital marketing campaigns and live speaker events in the US.

If you would like to become a Consulting Partner, please contact: **Matthew Critchlow**, Managing Director, Thrive Training Ltd, at matthew@thisisthrive.com.