

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 ½ 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. Continue training as a Master Practitioner and gain certification to use the RQi and our training materials in groups workshops and webinars.

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, 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 £1,250 +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 Resilience Activities	Card packs	£20

Contact

Contact the Thrive team on:

☎ +44 (0)800 471 4734

✉ info@thisisthrive.com

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. Describe what high and low scores on the RQi sub-scales mean in behavioural terms**
- 4. Undertake one-to-one coaching sessions with the RQi**

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 group workshops run from 09:30 - 16:30 and the webinars from 09:30 - 15:30. Delegates learn about the behavioural consequences of high and low scores on the 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

Practice Coaching

Step 3

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 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.



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Quotient
Inventory®**

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