

Become an RQi Practitioner



Release your potential



The Resilience Quotient Inventory (RQi)

The RQi is a scientifically validated psychometric profile 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 by psychologists, coaches and L&D professionals in one-to-one coaching sessions to help build resilience in the workplace. You can qualify as 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).

Once qualified, RQi Practitioners can go on to train as Master Practitioners who are qualified to provide wider consultancy and deliver our group workshops.

Who should attend the training?

This course is for experienced coaches, Occupational Psychologists and other learning and development (L&D) professionals who want to use the RQi with their clients. NOTE: Thrive reserves the right to decline applications for this course due to lack of appropriate coaching experience.

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 the RQi 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 three free RQi reports to use for marketing purposes.

Pricing of Reports

Individual RQi Reports	PDF	£55
Individual RQi Reports	Printed bound reports	£75
Standard RQi Team Reports (for teams of up to 20 people)	PDF	£150

NOTE: All prices exclude VAT. Discounts available for orders of greater than 100 reports.

Contact

For more information,
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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). 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 Practitioners. Master Practitioners are qualified to deliver our highly successful Building Personal Resilience course and organisational consultancy in resilience and wellbeing. 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 £10 +VAT per copy.



**Resilience
Quotient
Inventory®**

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