



# RQi™ Practitioner Course

Join us for a 2-day session  
facilitated by Dr. Matthew Critchlow  
on 29th and 30th October 2024

**LEARN HOW THE RQi™ WAS DESIGNED AND TESTED  
AND HOW TO USE THE REPORT IN ONE-ON-ONE COACHING SESSIONS.**

## THE RESILIENCE QUOTIENT INVENTORY™ (RQi™)

The RQi™ is the best-studied and most comprehensive resilience psychometric in the world. It measures beliefs, behaviours and environmental factors that are proven to protect people against stress and burnout. The RQi™ is used in one-on-one coaching, group workshops and team programmes to build resilience and boost performance in the workplace. The RQi™ is trusted by some of the world's most successful organisations, including Microsoft, Johnson & Johnson and BAE Systems.

## PARTNERS IN SPREADING THE RQi™



The RQi™  
resilience  
psychometric.



The RQi™ was  
developed by  
Kirros Consulting.



Shine is the official  
distributors of the  
RQi™ in Africa.

**RAISE YOUR RESILIENCE**

# RQI™ PRACTITIONER COURSE

You'll learn how the RQi™ was designed and tested, and how to use the report in one-on-one coaching sessions.

## WHO SHOULD ATTEND THIS COURSE?

To attend the RQi™ Practitioner course you must have at least one of the following:

- Significant coaching experience in a professional context (either as an independent consultant or internal performance coach)
- A recognised coaching qualification, for example, a course accredited by the International Coach Federation

## WHY BECOME A QUALIFIED RQI™ PRACTITIONER?

- 1** Use the best-tested resilience psychometric on the market
- 2** Grow your business with a product trusted by some of the world's biggest companies
- 3** Gain access to a wealth of coaching tools and techniques from positive psychology
- 4** Attend free networking events and resilience masterclasses

## FACILITATOR

Matthew is the Managing Director of Kirros Consulting, a lecturer, Research Scientist, experienced facilitator and executive coach. He specialises in leadership development, employee wellbeing programmes and techniques for measuring and enhancing human resilience.



**Dr Matthew Critchlow**

# AS A QUALIFIED PRACTITIONER, 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.

## Future Leaders

To identify and develop the senior leaders of the future.

## LEARNING OUTCOMES

- Describe the main factors that impact resilience and well-being in the workplace
- Explain how the RQi™ was designed and tested
- Describe what high and low scores on the RQi™ sub-scales mean in behavioural terms
- Undertake one-to-one coaching sessions with the RQi™



## COURSE DETAILS

**Date:** 29th and 30th Oct 2024

**Time:** Full day

**Venue:** Johannesburg, TBC

**Cost** R12,000 (excl. VAT), R4,200 (interns only)

Those who successfully complete the RQi™ Practitioner course can purchase RQi™ Reports from Shine for use in one-on-one coaching sessions with their clients (According to the Terms and Conditions of an RQi™ Practitioner).

Includes: all support materials, a customisable area on the RQi™ portal to administer questionnaires and distribute reports to clients. Participants are given three free RQi™ reports to use for marketing purposes.

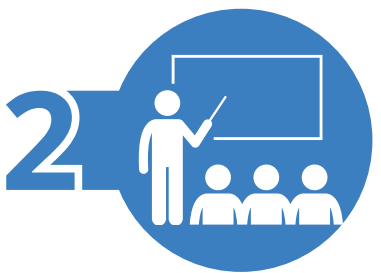
Bookings: [www.shine.global/events](http://www.shine.global/events)

# RQi™ PRACTITIONER COURSE OUTLINE



## 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 RQi™ portal.



## Group Workshop

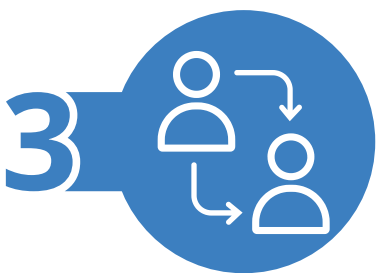
During the workshops, delegates learn about the behavioural consequences of high and low scores on different RQi™ sub-scales and how to coach individuals using an RQi™ Report.

### 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

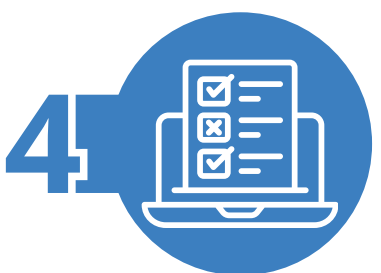
### Day 2

- Core coaching skills
- Coaching clients with the RQi™, with case studies and video examples
- Practice coaching in pairs
- How to use the RQi™ portal



## 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.



## 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%.

# ADVANCE YOUR TRAINING

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 R12,000/R4200(interns only) excl. VAT, which includes training, ongoing support, access to workshop materials, and 12 free RQi™ profiles.

Annual renewal of the Master Practitioner Licence is R360.

Sign up to our [mailing\\_list](#) to get notified of our upcoming RQi™ Master Practitioner Training or visit [Kirros \(Events\)](#) for upcoming courses.



## CONTACT DETAILS

For more information and technical queries about the RQi, please contact:

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### KIRROS

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