

RQi™ Master Practitioner Course



raise your resilience

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-to-one coaching, group workshops and team programmes to build resilience and boost performance in the workplace.

RQi™ Master Practitioner course

The RQi™ Master Practitioner course is a 3.5-day programme (including self-study time) for qualified RQi™ Practitioners who want to develop their skills further. This course provides the knowledge and skills required to deliver a series of resilience and wellbeing workshops and use the RQi Team Report™ to design group sessions for teams. The group workshop materials have been developed by Kirros using research from positive psychology, health psychology, and neuroscience.

Course entry requirements

Participants on this course must first complete the RQi Practitioner course:
<https://www.kirros.com/rqitm-practitioner-certification>

Why become an RQi™ Master Practitioner?

1

Work with the RQi Team Report™ to design bespoke programmes for teams.



2

Deliver tried-and-tested group workshops on resilience and wellbeing.



3

Receive regular research updates from Kirros and the University of Westminster.

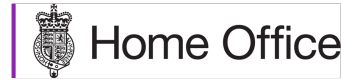


4

Gain fast-track accreditation for the new student RQi™ (available in 2026).



Who's benefiting from RQi™ programmes?



Accreditation & Fees

RQi™ Master Practitioners are accredited to use 20 mini-modules on resilience and wellbeing, which are combined to form half-day and one-day workshops. Topics include stress physiology, strengths-based development, and emotional intelligence. Master Practitioners are also accredited to use the RQi Team Report™ to design bespoke programmes for teams.

The training costs £1,600 +VAT, including all support materials and ongoing support from a Kirros Consultant.

Wholesale Prices

All prices exclude VAT. Discounts available for orders of +100 RQi's.

Individual RQi™ Reports	PDF	£60
Individual RQi™ Reports	Printed bound reports	£80
Standard RQi Team Report (<30 people)	PDF	£200
RQi Team Report™ + Executive Summary	PDF	£400
RQi Sub-Scales and Resilience Activities	Card packs	£20

Contact the Kirros team on:
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team@kirros.com

RQi™ Master Practitioner Course Outline

Learning Objectives

- ✓ Deliver a series of group workshops, designed by Kirros, to support workplace resilience and wellbeing
- ✓ Use the RQi Team Report™ to design group sessions for teams
- ✓ Provide organisational consultancy based on the Transactional Theory of Stress and Resilience

Total course length = 3.5 days



Step 1 Preparation



Read our white paper: **The Transactional Theory of Stress and Resilience (TTSR): A "joined-up" approach to managing resilience and wellbeing in the workplace.** Written by Dr Matthew Critchlow in 2022 and updated with new research in 2025.

Step 2 Interactive Webinars



The facilitators deliver three half-day webinars covering a range of resilience topics, so that participants experience the content first hand. We also describe how to design resilience programmes based on customer needs.

Session 1: Designing resilience programmes for teams | Flow Moments & Job Crafting.

Session 2: Introducing the RQi Team Report | An overview of physiological stress testing.

Session 3: Celebrate Your Strengths (with the VIA Survey) | An Introduction to Stress Physiology | The Covey Circle of Concern model.

Step 3 In-person workshops



Day 1: The facilitators present the theoretical foundations which underpin our approach to resilience and run a live group coaching session based on the participant's RQi™ Team Report.

Day 2: Participants work with a series of real-life RQi™ Team Reports, which serve as case studies, to practice workshop design for teams.

Follow-up sessions

Facilitator



Participants have the opportunity to invite one of the facilitators to a live training session to gain further support, feedback and learning.



This course is led by **Matthew Critchlow**, PhD, Director of Kirros and Visiting Lecturer at the University of Westminster.

Development for RQi™ Master Practitioners

Kirros offers ongoing development for RQi™ Master Practitioners, with masterclasses on resilience, wellbeing and behavioural science. Master Practitioners also have the opportunity to learn how to use the Organisational Resilience and Performance Questionnaire (OrgRPQ™) which measures work organisational factors which impact stress, resilience and work engagement.

developed by



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