Build resilience and boost your teams' performance

The RQi programme has been proven to improve your team's mental health, measuring personal factors which impact mental wellbeing and resilience.

The RQi is an online psychometric tool, based on the **Six Elements of Resilience© model of resilience**. These provide the most detailed measure of resilience in the world to support personal development at work.

Leading organisations already using the RQi

"Great self-reflection experiences and made a great difference to our team's working life."
Microsoft

"Enlightening and inspiring. The depth of knowledge translates into easily accessible techniques."
Nationwide Building Society

"Excellent course, brilliant trainer and high quality personalised RQi reports for every delegate."
Crown Prosecution Service (CPS)

Who's using the RQi:

Microsoft · Nationwide Building Society · AstraZeneca · Ministry of Defence · CPS · Home Office · B&Q · OXFAM

kirros

Get in touch:
t +44 (0)800 471 4734
e team@kirros.com
w kirros.com/rqi

boost your performance

The RQi™ is the most comprehensive resilience programme in the world, as used by Astra Zeneca, Microsoft, McDonalds and many other leading organisations.

It's a psychometric tool proven to build resilience and enhance team performance. It measures beliefs, behaviours and environmental factors that enable your people to cope well under stress and bounce back from adversity. The RQi programme includes the assessment followed by one-to-one coaching and group workshops.

32
countries using the RQi

97%
rate RQi as good or excellent

7350
people have completed an RQi resilience profile

Build resilience to lower stress levels, reduce sickness absence, improve wellbeing and enhance work performance.

Developed by a team of business psychologists and industry experts, the RQi is the only programme which measures a full range of factors that impact resilience, followed by one-to-one coaching and group workshops, to provide tailored guidance on how to build even greater resilience.

One-to-One Coaching

Group Workshops

Team Programmes

Executive Development

The ultimate support package

We offer the most robust and objective support package in the industry, with options for physiological stress testing, with cortisol profiling and heart rate assessments.

raise your resilience

High scores on the RQi predict high performance. RQi research shows employees with the highest resilience scores benefit from:

110%
higher subjective well-being

58%
lower stress

13%
higher self-rated performance at work

42%
fewer sick days