



**Resilience
Quotient
Inventory®**

Coaching for Resilience

A new two-day workshop for RQi Practitioners
13-14 September 2018

Coaching for Resilience

Background

This is a new, two-day coaching skills course to support the use of the RQi in coaching contexts. It is delivered by Dr. Richard A. MacKinnon, RQi Practitioner and Managing Director of WorkLifePsych.

Designed for RQi Practitioners, this course focuses on how to bring the report to life and translate it into advanced coaching interventions.

The course brings together theory and practice across two days of interactive exercises, discussion and guidance. A range of topics will be covered including; assessment and coaching, cognitive-behavioural perspectives, identifying goals and priorities for change, and identifying self-limiting beliefs.

Course topics

- Assessment and coaching
- Provision of feedback
- Cognitive-behavioural perspectives
- Identifying goals and priorities for change
- Identifying self-limiting beliefs
- Working with thoughts and beliefs
- Thinking errors and thinking traps
- Goal-setting and planning
- Supporting behaviour change
- The coach's toolkit
- Cognitive-behavioural interventions
- The role of positive psychology
- Coaching support & accountability
- Coaching boundaries and ethics
- Referral to other professionals

Course fee: £475 (+VAT) per person. Includes course workbook, lunch and refreshments.

Designer and facilitator: Dr Richard A. MacKinnon

- Chartered Psychologist and Registered Coaching Psychologist
- Associate Fellow of the British Psychological Society (BPS)
- Visiting Fellow, Sheffield Hallam University
- Visiting Lecturer, Goldsmiths College
- Managing director of WorkLifePsych Ltd.
- Experienced coach and coaching skills trainer
- Cognitive-behavioural coach and RQi Practitioner

