

EQ Cert L1 Feedback Summary

Cumulative Evaluations: 20-24 Aug 2007 - 29 Participants

Effects of this course – How much improvement in each area?

Statement	Average increase *
I understand my own emotions and emotional reactions.	21%
My emotional intelligence is well developed.	28%
I have a strong understanding of EQ.	55%
I have a range of tools for training people in EQ	130%
I am able to help people improve their EQ	62%
I can integrate EQ in my work	48%
I have a high level of emotional energy and optimism	32%

* Average pre-scores vs average post-scores; 100% means increase of 4 to 8, for example.

Ratings - How effective was the program (out of 10)?

Objective	9 or 10 out of 10 **	Average
Encourage self-reflection	68%	9.08
Support you to build your own approach	60%	8.80
Model Six Seconds' methodology	88%	9.58
Increase your commitment to act	68%	9.20
Expand your awareness	72%	9.04

Additional Items

The course is relevant to my work	60%	8.68
I will use what I learned in this course to improve performance at work	67%	8.67
The course has real value to my organization	67%	9.04
I will use what I learned in this course in my personal life	84%	9.48
The facilitators demonstrate expertise in the subject matter	88%	9.68
The facilitators model the messages they're teaching	88%	9.68
My life has been changed by this course	52%	8.32

** What percent of the group rated this item a 9 or 10 on the 10-point scale.

Important Take Aways

- To see what is right with the world
- You need to take proactive action every day its not good enough to preach something and not know it yourself
- Looking for what's great-know that it is there, I just need to find it
- Each of us truly have the power to choose and influence
- That I have a choice about how long I 'hang on' to emotions and that there are tools I can use to help me channel that energy into making better choices.
- Oh my goodness, it is hard to pick just one! The reminder that we have the power of choice.
- That we are one person throughout our work, family etc lives and our emotions are with us the whole way!
- Patterns of intrinsic motivation
- Letting down some protective barriers
- The importance of, and reason of integration, of emotions into every aspect of life, including work!
- Understand / use your emotions well for you and all your relationships and the world
- To understand the role that fear has played in my life
- To identify my feelings
- That life is about being better if we work, improve and understand the human spirit.
- Inspiration provided by others.
- The energizing and sustaining passion of a noble goal which reaches beyond my life in reach and in time.
- You need to take proactive action every day, its not good enough to preach something and not follow it yourself.
- The need for me to practice self reflection and start to navigate my feelings more.
- Validate, explore, transform process, think feel act, analysis.
- Refreshed, reinvigorated what I do at work and importantly take more into my family!!
- To trust myself and my inner wisdom. To celebrate what's good in the world.
- How I can change my emotions through a variety of strategies that will impact my reactions. A true deeper understanding of empathy and engagement.
- Tapping emotions as data and energy for my work as a change agent.
- There are tools (which were demonstrated and taught) for improving my emotional literacy, ability to navigate emotions, apply consequential thinking and recognize patterns, if I do this I will effectively be my noble goal.
- Awareness of 2 traits I had been unaware of. I can't begin to imagine how this may have affected the relationships I cherish.

What were the best elements of the course?

- Practical tools that are 'user friendly'
- Participative, there were processes aimed at all types of styles.
- The consistent application of process in various ways
- The process for learning used really encourages engagement. Josh's personal bravery in bringing himself fully and wholly and giving of himself
- Interacting with people in a safe environment where I could deeply reflect and fully engage in the learning process, allowing me to 'be' more emotionally wise.
- The multi-sensory learning, Josh, the process, Josh
- Josh, the other participants, sharing of ourselves, the tools, actually doing the activities.
- The effort put into props, activities, stories. The research behind the EQ model.
- Engagement of all participants safe environment built up as people took risks, learning ways to reflect on EQ
- Exercises and videos - I'm an example learner!! Josh is a fantastic teacher and facilitator- talk about walking-the-talk!!!
- The wonderful people, interesting stories, charging the emotional balances to build significant relationships.
- Joshua's role modeling. The humanity and integrity and excellence. Holistic, intelligent, spiritual, experiential, emotional functions addressed.
- Presentations and the new people I met.
- Reflection - understanding though, The research behind.
- Presentations, sharing experiences, meeting everyone.
- The relevance of the content, the diversity of delivery, the richness of resources and last but definitely not least Josh- a truly authentic and generous human being and a great educator.
- Participative- there were processes aimed at all types of styles.
- The people, the stories, the model and understanding how I can use it, the support, my intention to try and live the 6 second philosophy every day.
- Videos, activities.
- Sharing of so many committed people.
- Variety, different learning approaches. The group of fantastic people I met through the course.
- Practical exercises - brain science discussion.
- The real caring of Melissa, Josh and Rebecca for participant's personal well-being, the total commitment to living the curriculum while teaching the curriculum by Josh. Content as the process and what a wonderful content, process and journey.
- An increase in my self awareness tools with which to develop my work. The experiential nature of the program.
- Facilitator's modeling, development of growth and trust between participants.

Testimonials

- “This was an amazing experience with terrific personal and professional application. I walk away with tool, knowledge and passion.” – Rachel Saunders, Teacher, Melrose Primary School.
- “An inspirational experience that allowed me to open my heart and mind and committing to the giving of myself to the world” – Heidi McCormack, Teacher, Melrose Primary School.
- “An absolutely unique, inspirational and important experience – this will enrich your life!” – Kelly O’Hanlon – Department of Emergency Services
- “I have accessed a toolbox and the expertise to apply the tools to achieve positive cultural change within my organization” – Penny Beeston, CEO, Autism Queensland.
- “Undoubtedly the best life-skills course I’ve participated in” – Scott Matthew, CEO, Show The World.
- “Thought and emotional reflections and directions from inspirational human instructor” – E Clarkson, HR Director.
- “Highly recommended for anyone wanting to understand and experience their human potential” – Sandra van Winkelhof, Director / Coach.
- “The instructors were exceptional because they were inspirational in helping us understand the human spirit and the importance for all to set noble goals” – Kaye, Principal Melrose Primary School.
- “‘The process is the content’, led by a facilitator with the knowledge, wisdom and passion who brings out these things in every participant” – Jenn Bedlington, Director JennGen Consulting.
- ‘I gained a greater understanding on how I can use the EQ methodology to make my team and ultimately the whole division a great place to work for the existing staff and a place of choice for others to want to work in” – Carmel Hayman, Suncorp.
- “The course was inspiring, reinvigorating and combined a way of ‘being’ with practical theory” – S Owen, Director, Inspiring Soulutions.
- “I have attended many personal development courses over the years, so was pretty sure what was going to happen. I was wrong. This course touched me and opened me up to becoming a change agent in the world. Practical and valuable tools were given to enable me in my mission” – Jenni Wright, Training Officer.
- “This program took me on a journey I didn’t expect that helped me find emotions, strength, challenges and hope to move forward in my life and make a difference to the life of others” – Lorraine Denny, Organizational Development Consultant, University Of Wollongong.
- “I came to the Six Seconds course with high expectations and received far more than I could have ever hoped for. The instructors and facilitators were outstanding in their total commitment to the program and their personal caring for every participant. As a result, I am equipped and ready to apply what I have learned immediately in my personal and professional lives.” Susan Matthew, Lecturer, University of Sydney.

- “The most meaningful program I have ever participated in made possible by the realness of the facilitators their honesty, courage to push us and the debriefing that made it safe” – Lorraine Davies, Teacher, El-Connect.
- “This course provided me with wonderful insights into reality into my estranged eleven year old daughter.” – Mike Field, Director, Wooden Boat Fittings.

Other appreciations, recommendations, and/or ideas to improve the course in the future...

- Thank you, thank you, thank you for coming to Australia. It was a brilliant week with an immense amount of learning and growth (just a note – Aussies don’t cope well with such long hours!)
- Course from my perception was a bit slow at times However I recognize that this won’t have been the same for all.
- Thank you so much to Melissa and Josh and everyone else who has been involved in bringing this course to Brisbane!
- The opportunity for choice in having a longer lunch- shopping!!
- Appreciate the attention to detail. Enjoyed the stories from Josh about his family.
- Love you Josh and Melissa – thanks for a fabulous week. Thanks for Rebecca in her support role.
- Thanks so much Josh and Melissa! What a fantastic week!! See you soon, eh?!!
- Though and perhaps I am a newcomer to training techniques I have not been able to absorb the principles/ process/ model as quickly as I wish. I believe I will need some time to digest and to absorb to be able to fully understand the concepts/ process. However, I take away a ‘shit load’ of tools and will endeavor to sort, process and apply to my life, work and the world community.
- Improvements- can’t think of any right now. Heartfelt appreciation to all 6seconds staff for daily small choices – it shows. I work in every course I do; I have not been able to go where I need to during the course previously. Your safety and respect made that possible- thanks.
- Thanks Josh and Melissa. You have given me a most amazing and powerful transformational experience.
- I could not think of a way to improve this course. Having all walks of life was important to understand emotional intelligence in all walks of life.
- Perhaps just a little more time for personal reflection and a bit more time on how to sustain commitment to action. A special appreciation of the culture of kindness, gentleness and of growth.
- For the structured process orientated ones of us, perhaps a clearer idea on Day 1 as to what the course is about and how it will be structured throughout the week. If I had to describe the course to someone after completing it, it would be totally different to the impression I had coming in (more business than personal focus) For some this can make participation at an early point difficult as they’re not in the right places at the beginning. This may also be because I had no idea what 6 seconds was prior to attending.

- I hope to see EQ spread throughout our company. Thank you Josh, this week has been a great experience for me and a real turning point in my life. I have made some 'baby' steps already this week.
- At times would have liked to close the 'loop' in the learning more.
- Perhaps not so much quiet learning and writing on the afternoon, is the only small recommendation I have. Had a wonderful week- thank you.
- I enjoyed the course and got many strategies from it, however I'm not sure from this accreditation program I got what I needed to implement it in my organization. This may come from the resources provided.
- Use SEI as feedback tool more to better value. Venue selection – balancing convenience with alignment to the content of the course. Thank you- Joshua for your authentic and generous leadership of the program and Melissa for creating the opportunity.
- Thank you so much for being your noble goal this week.
- I can't begin to imagine. This has been the most perfect thing I've done.
- Sorry, I can't think of anything to add.