

Emotional Intelligence Certification Evaluations

Cumulative Evaluations: **July 2006 -- 22 Participants**

Effects of this course -- How much did delegates report **improving** in each area?

Statement	Average increase *
I understand my own emotions and emotional reactions.	135%
My emotional intelligence is well developed.	127%
I have a strong understanding of EQ.	160%
I have a range of tools for training people in emotional intelligence.	267%
I am able to help people improve their emotional intelligence	204%
I can integrate EQ in my work	194%
I have a high level of emotional energy and optimism	131%

Objectives -- How well did the course meet its key objectives (out of 10)?

Objective	9 or 10 out of 10 **	Average
Encourage self-reflection	79%	9.40
Support you to build your own approach	79%	9.05
Model Six Seconds' methodology	79%	9.35
Increase your commitment to take your next action step	84%	9.50
Expand your awareness	74%	9.26

Additional goals -- How well did the course meet these additional objectives (out of 10)?

Objective	9 or 10 out of 10 **	Average
The course is relevant to my work	68%	9.15
I will use what I learned in this course to improve performance at work	83%	9.47
The course has real value to my organization	72%	9.26
I will use what I learned in this course in my personal life	89%	9.70
The facilitators demonstrate expertise in the subject matter	95%	9.90
The facilitators model the messages they're teaching	95%	9.70
My life has been changed by this course	63%	9.00

* 100% represents a 2-times improvement (e.g., from 4 to 8).

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

Important Take Aways

- I need to do more
- EQ modeling starts with me
- You had internal and external activities to with the work
- validated my belief gave me tools to use with staff and students
- how important it is to engage and reflect
- awareness and choice
- Although intellectually I understood about emotions being aware and closing them I believe that I was acting selfish. This week has been about doing deep thinking in order to be the true person that I am
- Like time for reflection. Be comfortable in the being
- We are in complete control of our emotions. Our emotions and how we handle them have a direct impact on others (family, staff...)
- the E.Q. model and my noble goal
- recognition of one of my patterns
- the whole model and structure that the course provides is just what I need and I took away a lot from the facilitators and specific teaching styles
- getting in touch with my emotions
- the tools and the concepts and applying them to my personal life learned courage and to define my abilities
- how transferable E.Q. is to all settings

What were the best elements of the course?

- Kept moving and deep content
- exercises that made me look at myself and my emotions
- practice
- self examination relationships sharing activities that required movement and involvement
- going into my heart and my past to discover my motivations
- the 6 second model
- exercise guided visualizations presentation @ end – offered variety
- a ha story
- sand painting
- visualizations
- activities and other people in the group
- experiential activities
- the group dynamics and the outstanding leadership and modeling of our facilitations
- the whole and the components
- visuals and activities, key tools
- reflection and sensual discovery the E.Q. museum

Testimonials

- “Six Seconds’ EQ is the missing link for successful leaders.” Dr Penny Wilkins, Professor of Leadership/Manager
- “I am now convinced that EI is the main tool to release discretionary effort.” – Robert Brooks, HRD Advisor, FedEx Express
- “This was an amazing journey; the “postcards” I sent my heart will treasure forever.” Patricia Franklin, eLearning Developer, Atlas Island Media
- “This course allowed me to explore my feelings and provided tools to change what I wanted to change about myself.” Penny Aklinski, Asst Principal, Elementary School
- “I acquired tools to help with the climate of both my home life and our school experience.” Susan Sutton, Counselor, Roantree Elementary
- “It has taken discomfort in my life for me to come here and I leave now with confidence and optimism that I now have processes and tools to keep these principals alive so I will continue to transform.” Terri Beatty, Trainer, Coach
- “Thank you so much to everyone at the six seconds team! the course has truly changed the way in which I will approach my relationship both at home and with my clients.” - Kimberly Kniveton, Owner, Ascent Coaching & Consulting.
- “This course was a powerful and inspirational experience. I now feel a focused purpose – my noble goal.” Phyllis Avilla, Project Specialist & Trainer
- “Provides a solid EQ foundation on which to build.” Dawn Cook, Trainer & Coach
- “As an education and administrator with thirty three years of experience I attended a countless number of workshops/conferences. This emotional intelligence conference is clearly the best – it is a model of what a training should be.” – Arlan Galarowski, Principal, Thomas Jefferson Middle School.
- “I was aware of the value of emotional intelligence prior to the training but I am now 110% convinced of its efficiency for a richer, more productive, more effective life.” John Burgess, Principal, Incite Partners
- “I gained the tools to practice E.Q. and already started changing my other life and ready to inspire others.” Sandy Harvey, Volunteer/Counselor
- I have attended many workshops, trainings, and retreats but this one exceeded my expectations by delivering an informative and fun presentation of thoughtful, applicable tools and transferable knowledge.” Sally Clapper, Consultant
- Our work is to inspire business, spur innovation and growth – and galvanize people around a shared vision or brand. The EQ model and principles are a powerful ingredient that we will use to achieve our business goals.” Dan Caine, President, Incite Partners