



Helping Young People Thrive Through Emotional Intelligence

Six Seconds provides educators, counselors, coaches, administrators, and parents with powerful, research-based tools and exceptional training to integrate social and emotional learning.

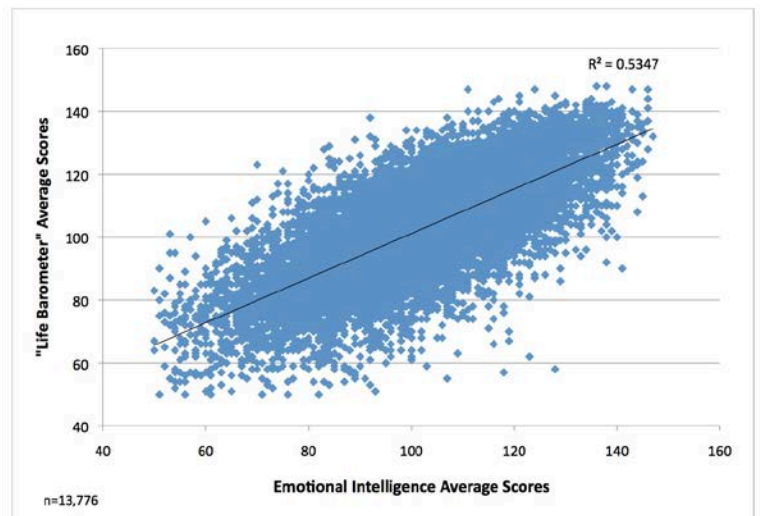
There is strong evidence that increased emotional awareness and skill improves academic achievement and creates a more productive and supportive classroom environment.

Social Emotional Learning Improves Success

As shown in the graph below, emotional intelligence, or EQ, is strongly linked to critical outcomes for school and life success. EQ skills are measurable, learnable, and effective.



"Barometers of Life" are five key factors to create academic and life success.



In this global sample of 13,776 students, 53% of the variation in "Barometers of Life" success factors is predicted by EQ scores. Source: A Case for Emotional Intelligence in our Schools 2016 – www.6seconds.org/case

Emotional intelligence is being **smarter with feelings.**



To effectively implement social emotional learning, and teach the essential skills of emotional intelligence, Six Seconds has identified best practices in three key "strands":

1. Everyone in the school is developing their own EQ skills
2. EQ is integrated into the classrooms to enhance academic learning
3. The whole school uses EQ to build a thriving learning community



Essential SEL Ingredients

The Benchmarks for SEL provide a roadmap to a great place to learn:

Strand one: EQ Development	Strand two: Extend EQ into the Classroom	Strand three: Integrate EQ into the School
1. All people in the school community learn & practice EQ.	4. EQ data supports teachers for effective practice.	7. Annual SEL planning.
2. SEL training for educators.	5. EQ extended to support academic learning.	8. EQ visible in school.
3. Measure EQ to support individual growth.	6. EQ used for positive classroom communities	9. Use school climate assessment to guide implementation.

For benchmarks in each area and a rubric to assess implementation, see 6sec.org/sel

Six Seconds has found that in order to effectively support students & families to practice emotional intelligence, teachers need the training and support to do so themselves. The first strand, EQ Development, equips and empowers teachers-as-changemakers to measurably deepen their own EQ skills and those of their students. The following strand, Extend EQ into the Classroom, is to integrate these skills into the classroom climate and academic instruction to create a vibrant and inclusive learning community. The third strand, Integrate EQ into the School, guides the school to create a holistic environment where all the members feel connected and thrive.

Six Seconds will support you in developing a customized SEL implementation process. We deliver transformational training for educators, tools to measure EQ in adults and youth, school climate assessments, and extensive resources. These ingredients are key to any comprehensive, evidence-based approach to SEL.

"This course provided ample opportunities and materials to help me integrate the Six Seconds and EQ principles into my classroom, my advisory, and my overall philosophy of teaching. I will be grateful to the leaders and the program for the rest of my career."

- Rod Jacobsen, English Teacher and Global Citizenship coordinator, The Thacher School, Ojai, California

"The facilitators of this course created authentic opportunities for us to reflect on and share our experiences, ideas, and questions in a truly multimodal way. Their ability to model different ways of engaging with the competencies, from interactive games to crafting posters and artifacts of our learning, helped me to make connections to the ways that I structure investigations in my classroom while also deepening my understanding of what the eight competencies look like in action."

- Jen Bourque, Level III Lead Teacher, Synapse School

Implementation

To support educators around the world to adopt social and emotional learning programs in their schools, Six Seconds offers: a **framework** to guide implementation. **Assessments** for students, teachers, and schools. In person and virtual **training** and professional development. **Grants** and research support. Proven SEL curriculum and **resources**. Powerful **data** to help make the case for social emotional learning. A **community** of SEL allies.

If you would like to learn more about how to grow your SEL program, take one of our certification courses, or start implementing SEL in your school contact us.

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A little more about Six Seconds

Six Seconds is a community of changemakers contributing to a world of insight, connection, and purpose. We think the world would be a better place if a billion people were practicing the skills of emotional intelligence (EQ). So, we research and share scientific, global, transformational tools & methods to support that goal.

Founded in 1997, Six Seconds is the first and largest organization 100% dedicated to the development of emotional intelligence. We teach the skills of emotional intelligence to enable individuals, teams, organizations, families, schools and communities to flourish. Our tools & methods are used in over 150 countries. Our clients include global companies, schools, business leaders, nonprofit organizations and individuals.

Find out more at www.6seconds.org/education



"This was an excellent course. It helped me in many different ways, at a personal and professional level. This was inspiring. I would recommend it."
- Helen McVeigh, Chief Inspector of Schools (Cayman Islands)