



# The EQ Educator

## Essential skills for social-emotional learning

A social-emotional learning (SEL) program supports students to be more effective by increasing emotional intelligence. The EQ Educator provides insights and tools to effectively lead SEL by teaching and modeling learnable skills proven to increase academic and life success.

**EQE**

EMOTIONAL INTELLIGENCE  
EDUCATOR

 **sixseconds**  
THE EMOTIONAL INTELLIGENCE NETWORK

## The Benefits of The EQ Educator

A growing body of research demonstrates that an evidence-based approach to social emotional learning helps students increase academic achievement and do better in life. Plus, over 75% of teachers say it's a major benefit for students: It's a win-win.

Teachers who include SEL in their classrooms report a more effective learning environment, better problem-solving skills, and stronger interpersonal connections – and they end up having more time to pursue all their instructional goals.

While most teachers see the value in teaching their students to effectively understand and manage emotions, few teachers have experienced this kind of learning themselves. As a result, even very experienced teachers have a limited number of strategies and techniques to systematically teach social and emotional skills.

An effective SEL program includes:

- A developmental, research-based methodology for teaching the skills
- Processes for integrating SEL skills and concepts into the classroom
- Methods for making the SEL vocabulary and skills part of the school culture
- School climate that supports students, faculty, and parents
- Leadership team committed to a sustainable approach to school-wide SEL
- Assessments to deepen awareness, guide instruction and provide accountability for SEL interventions

This course provides insights, methods and tools for these key elements of social emotional learning.

*I was thrilled to take this course and become part of this wonderful community. It was so incredible to be in a room full of people who realized the importance of emotions. I was able to see that people involved in EQ are very special, caring individuals. It was just a joy to be with this group and these facilitators. Thank you so much! - Margo Arango, EQEC Boston*

## Why?

Research indicates that well planned and well implemented SEL programs positively impact students' social, emotional, behavioral, and academic outcomes.

## What?

Deepen your own EQ competencies

Learn essential best practices for EQ Classrooms

Plan for integration into classroom and school culture

## Who?

Teachers, Administrators, Counselors, Coaches, Parents, those working with youth in after school or community programs, and anyone committed to their own and their students' social emotional learning for student success.

## When & Where?

[www.6seconds.org/events](http://www.6seconds.org/events)



## EQ Educator Benefits

This intensive 2-day course equips educators to be more effective in teaching, modeling, and integrating Social Emotional Learning (SEL). By attending, you will be better able to:

- Confidently develop and implement SEL lessons and activities in your classroom
- Apply the Six Seconds Self-Science process and model in your day-day interactions with students
- Evaluate your SEL practice using the Six Seconds Benchmarks for EQ Implementation in Schools
- Effectively communicate the value of SEL to parents, other educators, and your school leaders using the EQ Educator Starter Kit
- Deepen your own emotional intelligence to be more insightful, connected, and purposeful

Additional benefits of the EQ Educator course:

- Access to EQ.org SEL lesson library
- Access to Six Seconds resources, materials, and interactive activities immediately applicable in your classroom
- Your own Emotional Intelligence SEI profile and 1:1 debrief; Your own Brain Profiles report
- A copy of the acclaimed Self-Science curriculum

## Registration

Register online: [www.6seconds.org/reg](http://www.6seconds.org/reg)

**Pre-requisite:** [Unlocking EQ](#). Available Virtual or Live.

Cost of EQE: \$795

Early bird discount: Register and pay 30 days ahead for a 10% discount. Register for UEQ and EQE at the same time and save an additional 10%

Super early discount: A limited number of seats available at additional discount if booked and paid 60 days ahead. Contact us!

10% discount for groups of 3 or more.

For additional questions, contact:

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We live in an era of increasing complexity. As the challenge grows, students, teachers, parents – all of us – need more strength to stay balanced, collaborative, and purposeful. The measurable, learnable, scientifically-based skills of emotional intelligence helps us do so.



Six Seconds is a global community practicing and sharing the skills of emotional intelligence to increase insight, connection, and purpose. Our vision is a billion people practicing the skills of emotional intelligence worldwide. Founded in 1997, Six Seconds is the first and largest organization 100% dedicated to the development of EQ. We research and disseminate best practices in emotional intelligence to enable individuals, teams, organizations, families, schools and communities to flourish. We have offices and representatives in over 25 countries. Our clients include global companies, schools, business leaders, and individuals.

Find out more at [www.6seconds.org](http://www.6seconds.org)

Businesses, government agencies, nonprofits, schools, and community organizations choose Six Seconds' tools and methods because of the global relevance, strong scientific basis, and practical

