

Emotional Intelligence

Practitioner Certification

North America

Building Capacity for EQ Transformation

Learn from the leaders in the field how to raise emotional intelligence in yourself and others. Develop an in-depth understanding of emotional intelligence as you gain new tools to apply immediately to fuel positive change at work, at home, and at school -- starting with yourself.



Accredited by the International Coach Federation
for 47.5 CCEUs.



"A best-in-class process to bring
EQ concepts to life ..."

- Cynthia Ng,
SVP Learning and Development HSBC

"Probably the best training course
I have ever attended in 25 years of
business."

- James Dewar, Director, RMD Kwikform



This is the only course of its kind – ideal for people seeking to incorporate emotional intelligence (EQ) into their work and life.

A recent group said the program increased their EQ toolbox by 313%, and when asked if the course would help them improve performance at work, they said it was 10 out of 10

(see web site for evaluations: www.6seconds.org/events).

Certification Benefits

In this course you will...

- Understand the powerful “Know Yourself, Choose Yourself, Give Yourself” model and approach to increasing and applying EQ.
- Take home dozens of proven EQ exercises and learning tools, including the BRAIN PROFILES, that you can use yourself and with your teams/families/clients.
- Experience Six Seconds’ learning design that will enhance the effectiveness of all your training, coaching & teaching.
- Review the latest research on the brain, emotions, and performance.
- Strengthen your own emotional intelligence.

Five full days of hands-on, dynamic instruction, activities, practical projects, networking, laughter, and learning. This workshop is highly active, brain-based, and experiential. The content is based on 35 years of practical teaching experience and the *Self-Science* curriculum featured as a model in Daniel Goleman’s 1995 bestseller, *Emotional Intelligence*. Certified Associates are delivering programs in over 50 countries.

After completing certification, you are licensed to use the tools, modules, and models from this course...

- For your own development
- With your colleagues / team members
- With clients / students / small groups

See pages 6 & 8 for details, and consider::

Annual membership fee is required to use Six Seconds’ content.

To deliver Six Seconds’ training modules effectively, also attend the Advanced EQ Trainer Certification.

“**Emotional intelligence** isn’t a luxury you can dispense with in tough times. It’s a basic tool that, deployed with finesse, **is key to professional success.**”

– Harvard Business Review



Emotional intelligence (“EQ”) is the ability to use emotions effectively, and it’s the foundation of high-performing relationships. This course builds your capacity to develop this core capacity.

“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)

Model



The Six Seconds Model of EQ-into-Action begins with three important pursuits: to become more aware (noticing what you do), more intentional (doing what you mean), and more purposeful (doing it for a reason).

This model is both simple and substantive. It’s easy to learn, practical, and action-oriented providing a process framework for putting the science of emotional intelligence into practice.

The course follows this model, however, the focus is on development so those who use other models (e.g., BarOn, Mayer-Salovey, Goleman) are able to apply Six Seconds’ methodology irrespective of theoretical model.

There are many EQ training programs but Six Seconds and its phenomenal trainers are the real thing. You will be personally and professionally transformed.

Kathleen Ruby, PhD., Dir Wellness and Leadership Development
WSU College of Veterinary Medicine



The Six Seconds EQ Model

- **Know Yourself:** Clearly understanding what you feel and do. Emotions are data, and these competencies allow you to accurately collect that information.
- **Choose Yourself:** Doing what you mean to do. Instead of reacting “on autopilot,” these competencies allow you to proactively respond.
- **Give Yourself:** Doing it for a reason. These competencies help you put your vision and mission into action so you lead on purpose and with full integrity.

Within these three “pursuits” are eight specific, measurable, learnable competencies that drive performance at work, at home, at school, and in life.

The certification follows Six Seconds' Know Yourself, Choose Yourself, Give Yourself model for learning to develop and apply emotional intelligence. Participants experience an EQ learning environment and a range of effective tools and processes that strengthen emotional intelligence.

Agenda

Day 1

Why EQ? What are the benefits of emotional intelligence? How do these competencies drive performance, leadership, learning, and effective decision making?

Defining EQ. There are many different definitions of emotional intelligence – what does it really mean? How does Six Seconds put this science in action?

Know Yourself: Emotional Literacy. What are emotions and how do they serve us? How do people gain the vital power and information contained in feelings?

Day 2

Know Yourself: The Brain. What's the neuroscience behind emotional intelligence, and how do I use a Six Second Pause to shift out of reaction?

Know Yourself: Patterns. What keeps people repeating dysfunctional behaviors, and how do we change that?

Know Yourself: Brain Profiles. How does my brain process EQ? What are the Brain Profiles? How can I use these insightful tools with others?

Day 3

Choose Yourself: Consequential Thinking. How do I use emotions to help me make optimal decisions? How can I help others see this linkage?

Choose Yourself: Intrinsic Motivation. What fuels my energy and lets me "steer my own ship"? How do I use the Brain Profiles to understand and fuel motivation?

Choose Yourself: Optimism. What skills to empower people to take charge of their futures in the face of stress and change?

Choose Yourself: Navigate Emotions. How do I transform emotions to move forward? How can I explain the cycle of reaction and help people navigate out of reaction and into balance?

Day 4

Give Yourself: Empathy. What does it take to powerfully connect with someone, understand them, and build a solid foundation?

Give Yourself: Noble Goals. What is a Noble Goal and how could it help me be more of who I want to be?

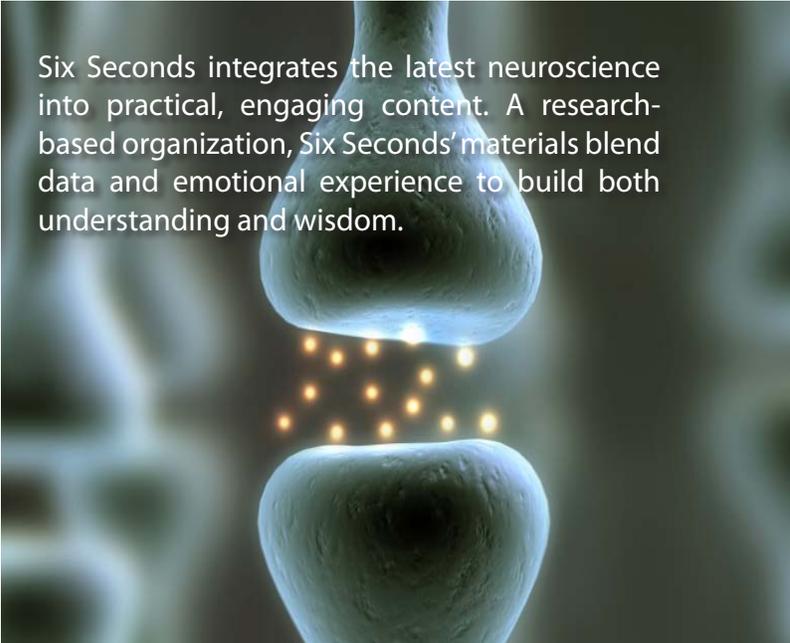
Cases. How can I apply the tools from this week to create positive change?

Day 5

Give Yourself: Noble Goals. What is my purpose and how do I put that in action? How can I help people discover their sense of purpose and use that to increase alignment and engagement?

Into Action. What are the most essential concepts from this week for me, my family, colleagues, and clients? How do I apply these insights? What are my next steps?

Post Course eLearning & Application. What did I learn in the course... and how will I use that? (See page 8 for details.)



Six Seconds integrates the latest neuroscience into practical, engaging content. A research-based organization, Six Seconds' materials blend data and emotional experience to build both understanding and wisdom.

"I considered many EQ certification programs -- this is the only one that promised a process I could use and adapt rather than just a script to follow. It delivered far more than promised. The course challenges you to grow and creates both commitment and resources."

Jodie Minor, Training Director, Deluxe

Registration

For upcoming dates, see www.6seconds.org/events

Investment: US\$3195 includes course materials, coffee/tea, lunches, eLearning, Profiles account with 50 credits

Early bird discount: US\$2695 course fee for 60-day advance payment and registration

Group: 10% per delegate discount for Group registration of 3 or more people from the same organisation

Scholarship: 25% off full price in exchange for 10 service hours (see: 6sec.org/schol for details)

Who should attend

The course is designed for anyone serious about spreading emotional intelligence, starting with themselves. Individuals and leaders frequently attend for their own growth; practitioners (trainers, organisational development professionals, coaches, counsellors, psychologists, educators, leaders) come to bring Six Seconds' approach to their work and lives.

Coaches: EQPC is accredited by the International Coach Federation for 47.5 CCEUs (33 Core, 14.5 Resource).



Contact

For registration & questions...

Jenny Wiley, Operations Manager

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"This course gave me the tools to use to elevate the performance of people in my hospital."

– Tim Woods,
Training and Development
Specialist, University Hospital

Completing this course equips you with an in-depth understanding of EQ and the Six Seconds Model – for most participants, this is - by far - the most valuable take-away from the program. This is imperative to be truly effective as an EQ change agent, leader, teacher, coach, etc. You will be able to effectively utilize a large range of EQ development tools yourself, and in your work. If you are a professional trainer/teacher/consultant, this could include presenting to others. Then, to be most effective presenting with the Six Seconds' methodology, we highly recommend you also attend the Advanced Trainer Certification.

Training and Teaching

On completion of the EQPC, you will have access to a range of resources, including:

- Over a dozen learning modules and activities from the course -- that you can integrate into a wide range of programs (e.g., communication, teamwork, leadership, service, effectiveness). These components are like building blocks that you can assemble in a variety of ways.
- The Certified Intranet library with hundreds of resources for paid subscribers -- with ongoing updates. The library also includes several complete workshops/presentations, including:
 - Intro to EQ (2 hour workshop introducing the Six Second Model)
 - The Brain Brief Intro (1 to 2 hour workshop on Brain Styles and effectiveness)
 - The Reaction Roadmap (2 hour workshop on moving from reaction to balance)
 - Workplace Issues (1 hour presentation to focus leaders on the people-side of performance)
 - The Vital Team (2 hour workshop on team effectiveness)
 - The Brains for Innovation (3 to 5 hour workshop on creativity, change, and spark)
 - Contagious Feelings (1 hour workshop on emotions)
 - Thriving with Optimism (2 hour workshop on optimism)
 - Self-Science Overview (1 hour presentation on EQ in education)

Plus, completing the EQPC will enhance your ability to deliver many Six Seconds' products, including...

- The Brain Profiles & Dashboard for powerful insights into individuals and groups
- Developing Human Performance (DHP is our management curriculum, including 14 mix-and-match workshops of 2-3 hours each)
- TFA Cards (an outstanding development tool for training and coaching)
- EQ for Families (our curriculum of four workshops for parents)

Access to these resources requires either purchase of the product (for example, the Profiles are purchased per-user, the DHP program is a 1-time purchase) or license fees. For license fees, all the content from the course, and all the resources from the Certified Intranet library, are automatically licensed to practitioners who maintain a Platinum subscription to the library (currently only \$280/year for individuals - see the Certification License for more details).

While professionals can be effective with this powerful library, additional certifications are recommended for those who want the full power of Six Seconds' models and tools. We offer special certifications on our assessments, advanced training on our methodology, plus a "Master Class" to build real expertise in these transformational tools and processes. See www.6seconds.org/certification for a discussion of additional programs.

The PROFILES distil the power of an advanced assessment tool into one page for compelling, quick, meaningful insight into your brain. You'll experience the Profiles in EQPC and get an account with \$50 worth of credits to begin using the Profiles to share EQ.

Plus you will have access to a free eLearning course to go deeper into how to use the Profiles.

The Brain Profiles

The Profiles offer a simple-but-serious approach to turn emotional intelligence into tangible value. In the words of an operations manager at FedEx: "Finally, we're not just TALKING about emotional intelligence - now I have something I can actually use."

In just a page, each profile provides powerful insight to put EQ into action.

Brain Brief Profile

Synthesis of how our brains process essential data.

Brain Brief Profile
For: Sample
Date: Mar, 6 2013

Your brain's preferences (not necessarily your behavior) in focus, decisions, and drive

Focus: Your brain is better at collecting rational data (vs. perceiving emotions).

Decisions: Your brain likes finding alternatives (vs. careful evaluation).

Drive: Your brain slightly prefers to push for practical actions (vs. planning for long term).

Brain Style: The Deliverer. If someone absolutely needs a solution, do they come to you? The Deliverer will find a way and move forward, even if she's not sure where to do. They sometimes ignore their own and others' emotions so they get caught up in creating and solving. The Deliverer is intensely practical but equally inventive; this person likes puzzles and gets energy from turning an idea into reality - even if it means stopping on toes to get there.

Asset: Health Your EQ Brain Style helps you create physical and mental wellness.

Opportunity: Decision Making If you want to make more optimal choices, try flexing and balancing your EQ Brain Style.

Profile Provided by Lorenzo Farsielli - l.farsielli@sixseconds.org
For more on the Brain Brief and next steps, contact your provider at the email above, and visit www.sixseconds.org/brain for free resources.

Also available for youth ages 7-18

Brain Talent Profile

Key capabilities to generate results and create the future.

Brain Talent Profile
For: Joe Sample
Date: Mar, 6 2014

Like a smart phone app, a "Brain App" is a tool for your brain. These "apps" let you perform important processes using cognitive + emotional data to achieve results. These learned capabilities help people be effective at work and in life.

Your Top Brain Talents in Order

- Proactivity** With this App running, the brain is committed to taking action and achieving without the need for external pressure.
- Risk Tolerance** A brain using this app can juggle complexities and maintain an even balance.
- Imagination** A brain using this app are able to look beyond what's visible, blending thinking and feeling to see potential.
- Data Mining** Brains with this App can observe accurately, noting details and how they fit.
- Modeling** This App allows brains to map out theoretical possibilities and identify logical paths.
- Prioritizing** Brains with this app can identify logical associations and learn to identify what's important.

The 18 "Brain Apps" - your top 6 are highlighted:

- Rational: Data Mining, Modeling, Prioritizing
- Emotional: Connection, Emotional Insight, Collaboration
- Evaluative: Reflection, Adaptability, Critical Thinking
- Innovative: Resilience, Risk Tolerance, Imagination
- Practical: Proactivity, Focus, Vision, Design, Problem Solving
- Idealistic: Entrepreneurship

To learn more about your Brain App, access your free RTP Guide: www.sixseconds.org/rtp
To contact the person who provided you this profile: Josh Freedman - josh@sixseconds.org

Also available for youth ages 7-18

Brain Discovery Profile

Linking Brain Style and Talents to performance.

Brain Discovery Profile
For: Sample Profile
Date: 10 September, 2014

FOCUS: Your brain is strongest at collecting rational data (vs. emotional information).

DECISIONS: Your brain has a preference for careful evaluation (vs. risk taking).

DRIVE: Your brain prefers considering long term goals (vs. pushing for practical actions).

	Highest Scores	Lowest Scores
Brain Talents	REFLECTION Passing to address. RESILIENCE Bouncing ahead. ADAPTABILITY Accepting multiple perspectives.	VISION Seeing the long-term meaning. PROACTIVITY Acting based on internal drive. FOCUS Maintaining attention on what is important.
Outcomes	RELATIONSHIPS Capacity to build and maintain networks.	QUALITY OF LIFE Capacity to maintain balance & satisfaction.

Reflection: The brain has "apps" to access and use data - blending rational and emotional insight. When has this capability helped you solve problems and make more effective decisions, and when has it not? How could you make this capability even stronger? Emotions drive people, and people drive performance. How are you using your "Brain Talents" to be highly reliable in creating good results?

This profile was provided by Lorenzo Farsielli - l.farsielli@sixseconds.org

Also available for youth ages 7-18

DASHBOARD INSIGHTS ON PERFORMANCE
PROJECT: SAMPLE | Group Size: 12 | Date: March 14, 2015

I EMOTIONAL INTELLIGENCE
Average emotional intelligence of the group is shown to the right. The overall average of the nation-wide sample is 100.
Score: 110

II TALENTS
The "Brain Talents" in decreasing order:
Connection, Emotional Insight, Collaboration, Proactivity, Data Mining, Entrepreneurship, Imagination, Risk Tolerance, Vision, Modeling, Prioritizing, Focus, Critical Thinking, Designing, Problem Solving, Resilience, Reflecting, Adaptability.

III PERFORMANCE
The performance indicators in decreasing order:
Relationships (124), Health (115), Effectiveness (111), Quality of Life (109), Influence (107), Decision Making (103).

Legend:
Expert Zone (115-150)
Skilled Zone (111-130)
Functional Zone (95-110)
Emerging Zone (75-90)
Vulnerable Zone (60-70)

Brain Style Distribution:
Rational: 3, Emotional: 7, Evaluative: 5, Innovative: 5, Practical: 5, Idealistic: 5

Also available for youth ages 7-18

Dashboard

1-page summary of a group showing the link from EQ & Brain Style to Talents and then to Performance.

Become a Six Seconds Certified Practitioner to show your understanding of our powerful model and pedagogy. Six Seconds is a rapidly growing international organization. The first global organization providing EQ certification (since 1997), Six Seconds is increasingly recognized as the premier global provider of emotional intelligence advocacy, training, and materials.

Certification Benefits & Requirements

The Practitioner Certification process is intended for professionals skilled and qualified in training, consulting, coaching, and education who are committed to using Six Seconds' models and methods.

Active Certification requires:

1. successful completion of the course including pre- and post-course eLearning
2. post-course project to apply and document learning - with optional four hours 1:1 coaching for \$500
3. renewal every year:
 - o document 15 Six Seconds' continuing education hours through Six Seconds' events, refresher training, free webinars and/or additional Six Seconds' courses
 - o renew EQ.org membership with \$50 basic account or \$280 Practitioner subscription (see below)

As a Certified Practitioner, you receive important benefits in your work:

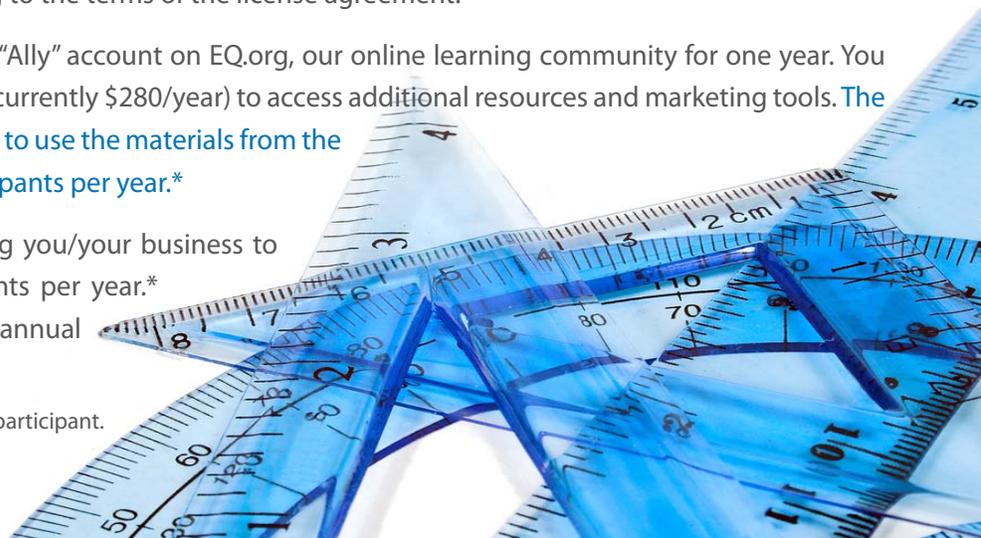
- Identification with the premier international EQ organization
- Ongoing professional development
- Access to network of allies and team members around the world
- Powerful training and education tools
- Access to Six Seconds' library including content to use with schools, families, and organizations (see below)
- Invitation to webinars and meetups for Six Seconds' alumni
- Opportunities to apply to present at Six Seconds' events and conferences around the world

As a Certified Practitioner, you are entitled to use Six Seconds' materials and procedures for your own development and in working with colleagues and clients according to the terms of the license agreement.

Following the training, you will receive a free "Ally" account on EQ.org, our online learning community for one year. You can upgrade to the Practitioner membership (currently \$280/year) to access additional resources and marketing tools. [The Practitioner membership includes your license to use the materials from the EQPC course and library with up to 200 participants per year.*](#)

An organizational license is available enabling you/your business to use the materials with up to 2000 participants per year.* Alternately, you can negotiate a customized annual license.

* Some materials, such as Profiles, require purchase per-participant.



Six Seconds provides a complete range of Certification programs. This course is an important foundation for those serious about this work.

This is not an “introductory” course though – it’s designed for people with a hunger for positive change.

Certification Options

Practitioner Pathway	Educator Pathway	Coach Pathway
<p>EQPC: EQ Practitioner Learn transformational methods to develop EQ, starting with yourself. Five days + postcourse practicum. <i>Able to: Join the EQ Cert library to access an extensive set of materials to spread emotional intelligence.</i></p> <p>EQAC: EQ Assessor Measure & develop core skills with a rigorous and practical toolset. 32 hours online/virtual, or 4 days in person, plus postcourse practicum. <i>Able to: Administer and debrief the SEI, SEI-YV, and SEI 360 assessments</i></p> <p>EQAT: Advanced Trainer Supercharge design and delivery of training & speaking with Six Seconds’ learning methodology. Five days + postcourse practicum. <i>Able to: Join EQ Trainer library to use range of in-depth content.</i></p> <p>VSCC: Vital Signs Consultant Lead organizational change with powerful metrics and methodology. 18 hours virtual or 2-day in-person plus post-course practicum. <i>Able to: Use the Leadership, Team, and Organizational Vital Signs tools.</i></p> <p><i>Next... continue to another Pathway.</i></p>	<p>EQPE: Profilers for Education Get started with EQ assessment and development for educators and students. One day workshop or eLearning. <i>Able to: Use the YV Profiles with numerous practical, powerful classroom exercises.</i></p> <p>EQIL: Interactive Lab Increase EQ in your classroom with Brain Profile activities in a fun, practical, one day workshop or online/virtual program. <i>Able to: Use the Brain Profile activity kit.</i></p> <p>EQEC: EQ Educator Learn the Self-Science methodology to integrate and effectively facilitate social-emotional learning. Three day workshop or 30 hours online/virtual. <i>Able to: Apply SEL best-practices, SEL starter kit and create effective SEL lessons.</i></p> <p>EQTE: Tools for Education Measure student and adult EQ using the powerful, validated SEI toolkit + assess school climate. 30 hours virtual/online or three-day certification. <i>Able to: Administer and debrief the Education Vital Signs, SEI, SEI-YV, and SEI 360 assessments plus the Brain Profiles.</i></p> <p><i>Next... continue to the Practitioner Pathway.</i></p>	<p><i>For coaches:</i></p> <p>EQAC: EQ Assessor + EQCM Measure & develop core skills with a rigorous and practical toolset. 32 hours online/virtual, or 4 days in person, plus postcourse practicum. + For Certified Coaches: EQCM post-course mentoring for “EQ Coach.” <i>Able to: Administer and debrief the SEI, SEI-YV, and SEI 360 assessments, plus use Change MAP to design coaching.</i></p> <p><i>For coach certification:</i></p> <p>EQCC: Coach Certification Become a highly effective coach using the International Coach Federation competencies blended with Six Seconds’ methodologies for EQ and Change.</p> <p>Step 1: FOUNDATIONS - 4 days in person plus pre- and post-course eLearning. <i>Able to: start coaching.</i></p> <p>Step 2: INSIGHTS - 4 days virtual/online. <i>Able to: use the Six Seconds EQ Model and Change MAP in coaching.</i></p> <p>Step 3: SOLUTIONS- 4 days plus virtual/ eLearning and practicum. <i>Able to: structure and deliver a coaching program - and apply for ACC from the ICF.</i></p> <p><i>Next... continue to the Practitioner Pathway.</i></p>
<p>EQAP: Advanced Practitioner Dive deeply into Six Seconds’ program design methodology; collaborate with top experts in Six Seconds’ tools and models from around the globe. 6-months including 7 days in person; by invitation only to active practitioners.</p>		
<p>PPN: Preferred Partner Network Join Six Seconds as a committed partner in organizational transformation; deeply integrate Six Seconds’ tools & methods into your delivery as a pillar of your brand. By invitation only.</p>		



What if one billion people were practicing emotional intelligence?

About Six Seconds

We teach emotional intelligence to support people to create positive change, and our vision is that one billion people will be practicing emotional intelligence by 2039. The global leader in emotional intelligence since 1997, Six Seconds is the only international nonprofit dedicated to researching and spreading EQ.

Six Seconds is a network of change makers, scientists, leaders, and educators using scientifically validated tools and methods to increase the people-side of performance. With a 15-year track-record, Six Seconds' approach is used by medium and large enterprise (e.g, Almaraii, Rotana, FedEx, HSBC), government agencies and NGO (e.g., US Navy and United Nations), to schools and communities around the globe. Results include faster change, increased engagement, stronger leadership, and greater social responsibility.

Six Seconds' experts apply the science of emotional intelligence to improve almost every aspect of human endeavour. From schools where children love to learn, to corporations where people thrive, to prevention programs saving lives, Six Seconds' solutions are life-changing – and empower people to take ownership of a positive future.

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

Six Seconds is a global organization supporting people to create positive change - everywhere, all the time.

Learn more:
www.6seconds.org/about



"This course brought me deeply in touch with my emotions and inspired me to be a catalyst for change in the world. Thank you, Six Seconds!"

- Heather Kantor, CFO

