



Joshua Freedman, MCC

Chief Executive Officer

Joshua is one of the world's preeminent experts on developing emotional intelligence to improve performance. With warmth and authenticity, he translates leading-edge science into practical, applicable terms that improve the quality of workplace relationships to unlock enduring success.

Freedman is one of a handful of experts in the world with over 20 years of full-time experience implementing emotional intelligence. His clients include FedEx, Intel, Etihad Airways, Amazon, Microsoft, the UN, all branches of the US armed services, and numerous organizations around the globe.

Joshua leads the world's largest network of emotional intelligence practitioners and researchers; Six Seconds has offices and representatives in 25 countries. He co-developed Six Seconds' EQ Certification Training which he has delivered on five continents as master-trainer to thousands of professionals seeking practical tools for learning and teaching emotional intelligence, and has helped launch emotional intelligence programs and companies in over a dozen countries.

Freedman is author of the international bestseller, *At the Heart of Leadership, The Vital Organization*, as well as *INSIDE CHANGE: Transforming Your Organization with Emotional Intelligence* plus *Whole-Hearted Parenting* and dozens of cases and articles including *The Business Case for Emotional Intelligence* and *The Workplace Vitality Report*. He is coauthor of six validated psychometric assessments including the *EQ Leadership Report* and *the Organizational Vital Signs* climate measure, as well a several books and training programs including the *Management Foundations* and the pioneering approach to social emotional learning, *Self-Science*. He is also a Master Certified Coach by the International Coach Federation.

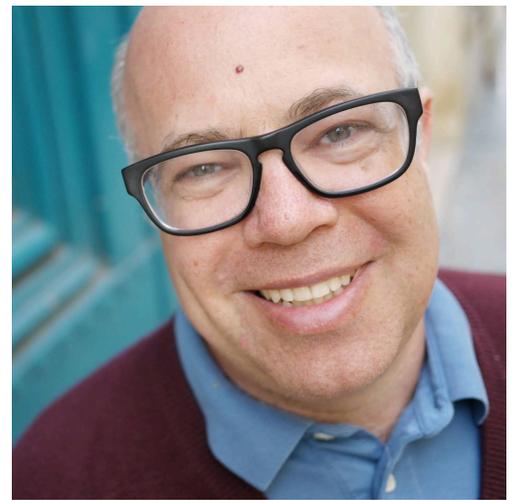
He lives on the Central Coast of California with his wife and 2 children. His family loves gardening, keeping bees, and cooking.

Contact Josh at Six Seconds:

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"Attended an incredible session with Josh/Six Seconds. I'm an MBA, corporate strategist, who's the doubter, hyper-rational type. I came away feeling that both the materials and I were well grounded. My personal & professional energy surged. It's a healthy balance of emotional exercise to offset the rational grind. A+. Recommend to individuals and groups."

- Mark Harrison, VP Mobile, eBay

"Joshua and his colleagues at Six Seconds are second to none. Josh is professional, personable, intelligent and reliable. His work is his passion and it shows through in everything he does. I have hired Josh professionally, relied on him for personal advice and recommended him to many. He has the tools to help people get ahead and feel good about how they got there...not always easy to do in today's competitive and stressful corporate world. I liked Josh from the minute I met him."

- Leigh Cappello, VP/Futurist, Hasbro Inc.

"Josh was a key partner in assisting me, as the CEO, to realign the direction of the organization by helping my team and me understand the negative thoughts and patterns that were preventing us from moving forward. Josh creates a warm, friendly, and trustworthy environment that encourages healthy change. I learned to be a better leader by understanding how my thoughts and behaviors affected not only me and my relationships with my team but the overall success of the organization. I am fortunate to have Josh as one of my consultative partners."

- Carrie Birkhofer, CEO, BayFed Bank