



EQFC Part 1: Unlocking EQ

Dive into Six Seconds' powerful methodology and learn why, what, & how emotional intelligence works (virtual or in-person).

EQFC Part 2: Brain Profiler Certification

The Brain Profiles distill the power of an advanced emotional intelligence assessment tool into one page for compelling, quick, meaningful insight, ideal to make EQ practical in a wide range of learning & development programs.

EQFC Part 3: EQ Assessor Certification

Equip your practice with the world-class emotional intelligence assessment suite, the SEI® toolkit. Measure the skills that fuel transformation and unlock human capacity in a framework for growth and action.

EQ Fellow Certification

Emotions are a key driver for professional and personal transformation. In this powerful program, gain insight and practical ways to use emotional intelligence (EQ) in your work & get certified to use the tools with others.

"One of the very best tools to develop yourself as a leader, a parent and in life."

- Nehad Tadros, Global Director of Leadership Development and Coaching, Aramex, Dubai, UAE

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

James Dewar, Director, RMD Kwikform

Certification Benefits

Six Seconds' EQ Fellow certifications equip you with powerful tools to measure & develop EQ. Plus, you develop your own EQ practice, which is imperative to be truly effective as an EQ change agent, leader, teacher, coach, etc.

You will be able to effectively utilize the Profiles and Assessments in your work. Then, to be most effective with the Six Seconds' methodology, continue on the certification path toward mastery.

EQ Fellow includes four powerful days of hands-on, dynamic instruction, activities, practical projects, networking, laughter, and learning. These courses are highly active, brain-based, and experiential. The content is based on 40 years of practical teaching experience and the *Self-Science* curriculum featured as a model in Daniel Goleman's 1995 bestseller, *Emotional Intelligence*. Certified Practitioners are delivering programs in over 150 countries.

After completing the certifications, you will have access to a range of tools in our Certified Library for yourself and clients, and can purchase and use the best-in-class EQ assessment, SEI Profiles & Reports -- as well as a wide range of supporting tools and curricula.

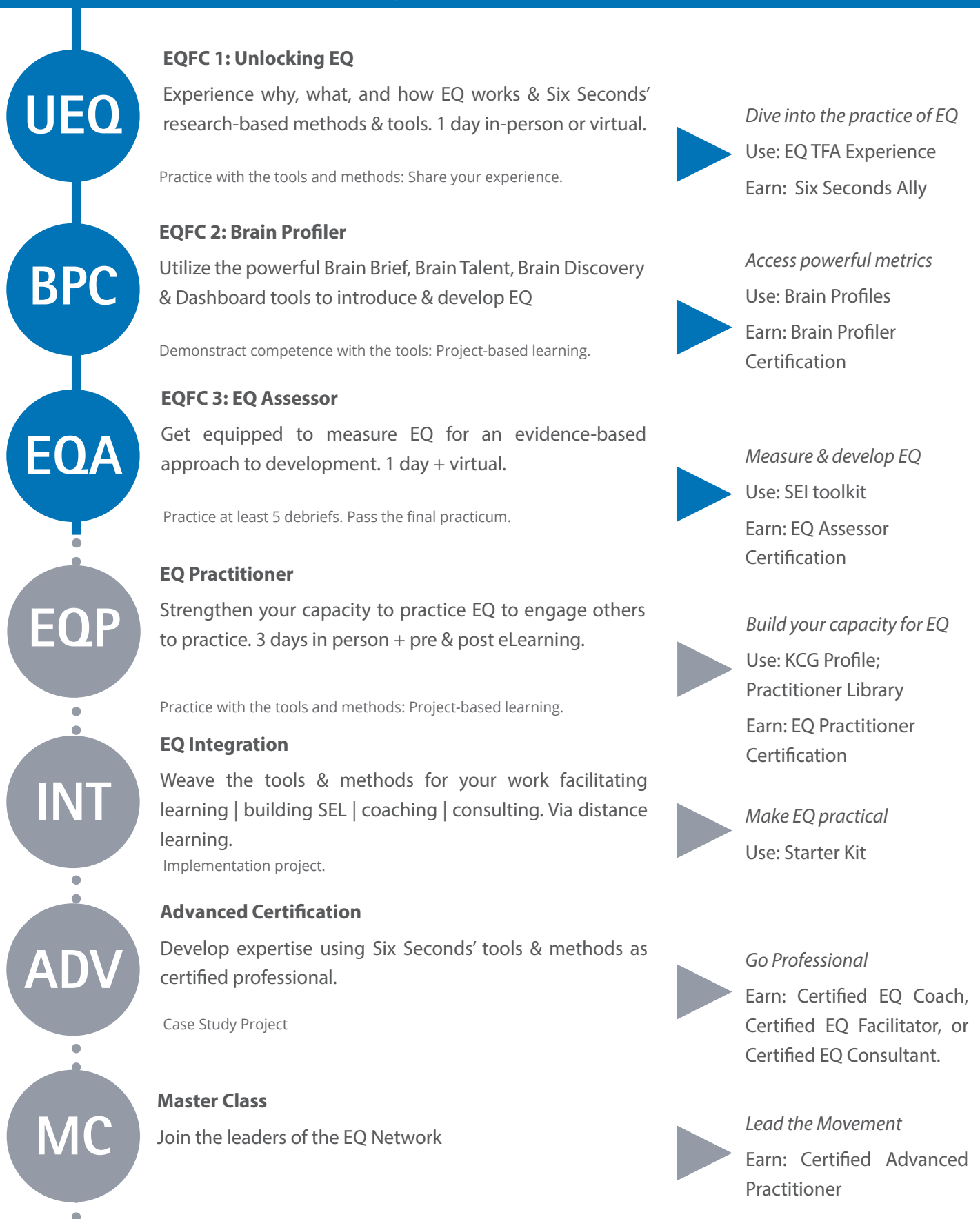
Coaches: EQAC is accredited by the International Coach Federation for 33 CCEUs (26.25 Core, 6.75 Resource).



"One of the best programs that I've even taken. I learnt a great deal about EQ and gained valuable tools to apply at home and at work."

Zaher Ibrahim, HR Lead, Bupa Mazer Clinics, Jeddah, Saudi Arabia

Certification Pathway



“Excellent ‘hands-on’, experimental course to improve your EQ and that of people you impact. Must-do workshop for all leaders as the journey begins from the top.”

Sarojini Rao, Principal, Indus Int’l School, Bangalore, India

EQFC Part 1: Unlocking EQ

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

Immerse yourself in Six Seconds’ unique approach to create value with emotional intelligence and see how this method works for you.

In this course you will...

- Develop a clear “case” for emotional intelligence.
- Explore the Six Seconds Model, a process framework for making emotional intelligence practical.
- Review some of the latest research on the brain, emotions, and performance.
- Clarify your vision and define key goals for your own EQ development.
- Learn to use the TFA Cards to introduce EQ and to use EQ to solve specific challenges. Your TFA Cards are a gift to take home to practice & share EQ.

Emotional intelligence is the ability to use emotions effectively, and it’s the foundation for life success... and one of the World Economic Forum’s top skills for the 21st Century. This course builds your capacity to develop this core capacity.

Unlocking EQ is the first step in all of Six Seconds’ powerful range of certification courses. [See 6sec.org/cert](https://6sec.org/cert)



The Six Seconds Model of EQ-into-Action begins with three important pursuits:
Become more aware (noticing what you do) - Know Yourself.

Act more intentionally (doing what you mean) - Choose Yourself.

Be more purposeful (doing it for a reason) - Give Yourself.

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.

There are eight learnable, measurable competencies that make the model even more practical; these are covered in the EQ Practitioner course.

"EQ is crucial for business development and yet in nearly 30 years of working in corporates, I have never had EQ explained, demonstrated and presented in this most engaging fashion. A superb facilitator who shared abundantly.

This is truly the BEST program I've attended in 20 years."

Joni Peddie, MD of Bizcomm Group & Lecturer, Gibbs Business School, Johannesburg, South Africa

EQFC Part 2: Brain Profile Certification

Get certified as an EQ Profiler to access four powerful, practical tools to develop insight and performance. The training focuses on practical applications of the profiles, so you walk away understanding the tools and specific ways to use them to:

Improve communication by building awareness of Brain Styles

Strengthen talent from selection to development by conducting an interview (or coaching session) around the Brain Talents

Focusing on the people-side of strategy by using the Dashboard for insight on a team and how they can most effectively achieve their goals.

In this course you will...

- Recognize how you blend emotion and cognition to process information
- Discover your own BRAIN STYLE and BRAIN TALENTS
- Utilise the the three EQ Profiles with others to enhance your training, coaching and people development
- Gain insight into groups using the Dashboard
- Become certified as a Six Seconds' Brain Profiler able to purchase and administer the Brain Brief, Brain Talent, Brain Discovery, and Dashboard profiles.

Based on the latest research, gain insights into how to create tangible value with emotional intelligence. The Brain Profiles are powerful, practical, and highly engaging.

The tools are based on a practical definition of emotional intelligence embedded in the model to the right: EQ is the ability to blend rational + emotional data to make effective decisions so you can drive optimal results.



The PROFILES distil the power of an advanced assessment tool into one page for compelling, quick, meaningful insight into your brain.

About 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.



Also available for youth ages 7-18

Brain Talent Profile

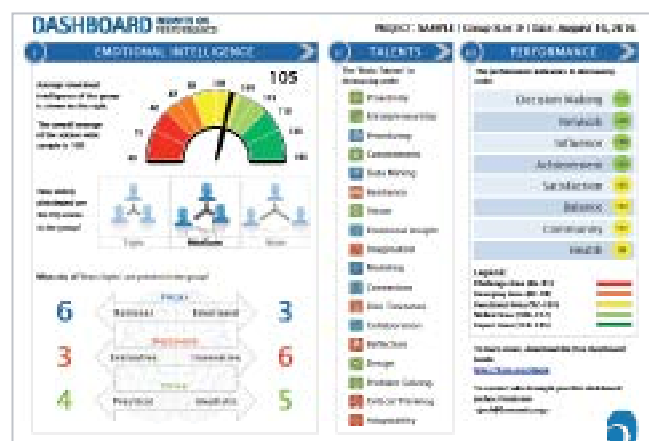
Key capabilities to generate results and create the future.



Also available for youth ages 7-18

Brain Discovery Profile

Linking Brain Style and Talents to performance.



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.

“Very insightful learning and an absolutely great tool for coaching.”

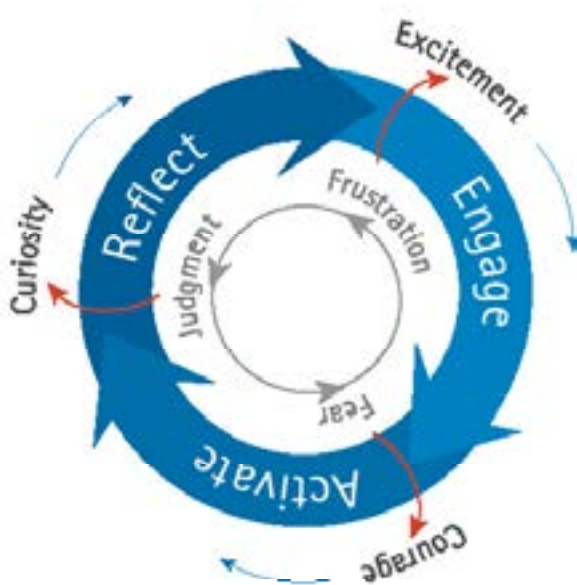
Kevin Herft, Manager, Cabin Services Training, Qatar Airways

Core Part 3: EQ Assessor

A complete toolset to measure and develop the key drivers of performance, the SEI assessments support professionals get better results on the “people-side.” Unlike other psychometric tools which provide an abstract diagnosis, the SEI provides practical feedback and a process for action. Created by world leaders in emotional intelligence development, SEI tools are statistically rigorous, highly practical, and with a global view - which is why they’re chosen by leading organizations including FedEx, HSBC, Emaar Hospitality, the US Navy, Pfizer, and Microsoft.

In this course you will...

- Understand the Six Seconds Model as a clear, actionable model for applying EQ
- Build the knowledge and skills to deliver, interpret, and debrief the SEI
- Strengthen your coaching skills by adding EQ tools and methods
- Learn to structure 1-1 debriefs and larger interventions using the Change MAP
- Enhance and leverage your own emotional intelligence



Six Seconds' Change MAP provides framework for designing and delivering coaching as a transformational process.

The SEI Toolkit includes four assessments and 10 reports (plus the Brain Profiles available with an add-on certification), providing an end-to-end solution for EQ assessment in a wide range of applications.

Powered by cutting-edge technology, SEI is the only EQ assessment with a built-in artificial intelligence to make it even more actionable.

SEI EMOTIONAL INTELLIGENCE ASSESSMENT

Measures EQ competency and key success factors; six reports available including Leadership Report, plus the world's only emotional intelligence artificial intelligence, the EQ Neural Net.

SEI360 EMOTIONAL INTELLIGENCE MULTI-RATER ASSESSMENT

Feedback about emotional intelligence performance - from unlimited number of raters and groups.

SEI-YV YOUTH EMOTIONAL INTELLIGENCE ASSESSMENT

Snapshot of EQ and current “barometers of life” for ages 7-18.

SEI-pYV PERSPECTIVE ON YOUTH EQ ASSESSMENT

An adult's perspective of EQ and current “barometers of life” for children of any age.

SEI® is a Registered Trademark of Six Seconds

There is a growing body of research evidence that the learnable, measurable of emotional intelligence are the “Difference that makes the difference” — see 6sec.org/case

About the SEI

How do you measure core emotional intelligence skills in a way that’s useful for people and organizations? There are many approaches to EQ, but few are both rigorous and effective. Businesses, institutions, and nonprofits use Six Seconds methods and tools because they are scientific, global, and practical.

SEI, or “Six Seconds Emotional Intelligence” is a complete toolset from introductory 1-page profiles to full depth reports. The SEI line includes over a dozen detailed reports from four different assessments. The Brain Profiles are generated from the full SEI assessment, distilling an in-depth psychometric assessment to a 1-page essence. See www.6seconds.org/tools for details

What makes this toolset so powerful?

Scientific

As a research organization turning current research into practice, Six Seconds tools have best-in-class psychometric properties and use advanced analytics — including the first-ever artificial intelligence for EQ metrics. *Evidence* - read more about Six Seconds’ research: 6sec.org/research

Practical

Unlike other psychometric tools that provide an abstract diagnosis, the SEI offers a process framework to USE emotional intelligence and grow. There is a complete system of books, curriculum, tools, and resources to put EQ into action. *Evidence* - see many case studies showing how this method works in companies from Amadori to FedEx: 6sec.org/cases

Global

We are a worldwide community. SEI is available in more than 20 languages and used in over 127 countries. Six Seconds’ global sphere helps make the tools relevant to all people, everywhere. *Evidence* - explore the latest global State of the Heart research: 6sec.org/soh



"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

Apply to register: 6sec.org/reg

Course schedule: 6sec.org/events

Part 1 (Day 1): Unlocking EQ - Provides an introduction to the Six Seconds' KCG Model and Learning Philosophy. Investment AED 1,450.

Part 2 (Day 2): Brain Profiler Certification - Experience the power of the EQ Brain Profiles and learn how to use them in coaching and training. Investment AED 1,820.

Part 3 (Day 3&4): EQ Assessor Certification - Become certified to administer the full strength of the SEI tools to generate the feedback reports and debrief clients. Investment AED 3,500.

Participants may attend Part 1, Part 1 & 2 or all. Attendance of all, including completion of eLearning and practicums are required to achieve the Six Seconds' Fellow Certification.

Who should attend

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

Certification requirements

The 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. To complete the certification process, participants must complete online pre-work, attend the full program, demonstrate competence with the methods and tools, and follow the terms of certification – please see: 6sec.org/certlicense

Please note the annual renewal requirements, including 12 ACE units. For details on renewal, see 6sec.org/kb/ace

Special Early Bird Pricing

	Early Bird (AED)	Full Price (AED)
Unlocking (Day1)	1,350	1,450
Brain Profiler (Day2)	1,630	1,820
EQ Assessor (Day3&4)	3,250	3,500
EQ Fellow	6,230	6,770

Contact

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“One of the very best tools to develop yourself as a leader, a parent and in life”

Nehad Tadros, Global Director of Leadership Development and Coaching, Aramex, Dubai, UAE

EQ from A to Z

For 20 years we've led the way, turning the neuroscience of emotion into practice. With seven validated assessments and a wide range of learning materials, Six Seconds Certified professionals use these proven tools and methods to create value around the globe in every sector. For us, EQ isn't a “theory” or just one test we publish, it's the difference that makes the difference.



Related Materials

The Six Seconds Models & Methods in the EQ Fellow certification are part of a robust system for putting emotional intelligence into action. The methodology is supported with a complete range of assessment tools plus books, curricula, training materials, aps, and in-depth training.

Certified Library

Certified professionals have a special library on EQ.org with dozens of resources and weekly updates. The library includes slides, videos, worksheets, and other building blocks. It also contains many complete workshops/presentations, such as an intro to EQ using the Brain Profiles, and The Brains for Innovation workshop. The library also included a collection of social emotional learning (SEL) lessons that can be adapted to a wide age range.

Toward Mastery

As the world leading experts on implementing emotional intelligence, Six Seconds offers an extensive range of certification training, Accredited Continuing Education (ACE), and programs to support our members for ongoing development.

“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

About Six Seconds

Six Seconds is a global community practicing and sharing learnable, measurable, scientific EQ skills for a world brimming with insight, connection and purpose.

Research shows the practice of emotional intelligence increases effectiveness, wellbeing, relationships and quality of life. So, 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 emotional intelligence. Six Seconds researches and disseminates best practices to create value with emotional intelligence. In our certification training, coaches, educators, and leaders learn these proven methods and tools, translating current science into effective practice.

We have offices and representatives in over 25 nations and our community reaches 157 countries. Our clients include large entities such as HSBC, FedEx, the US Navy, Emaar, Lenovo, as well as schools and community organizations, and individuals around the globe. From schools where children love to learn, to corporations where people thrive, to programs rebuilding 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.

We think the world will be a better place with one billion people practicing the skills of emotional intelligence.

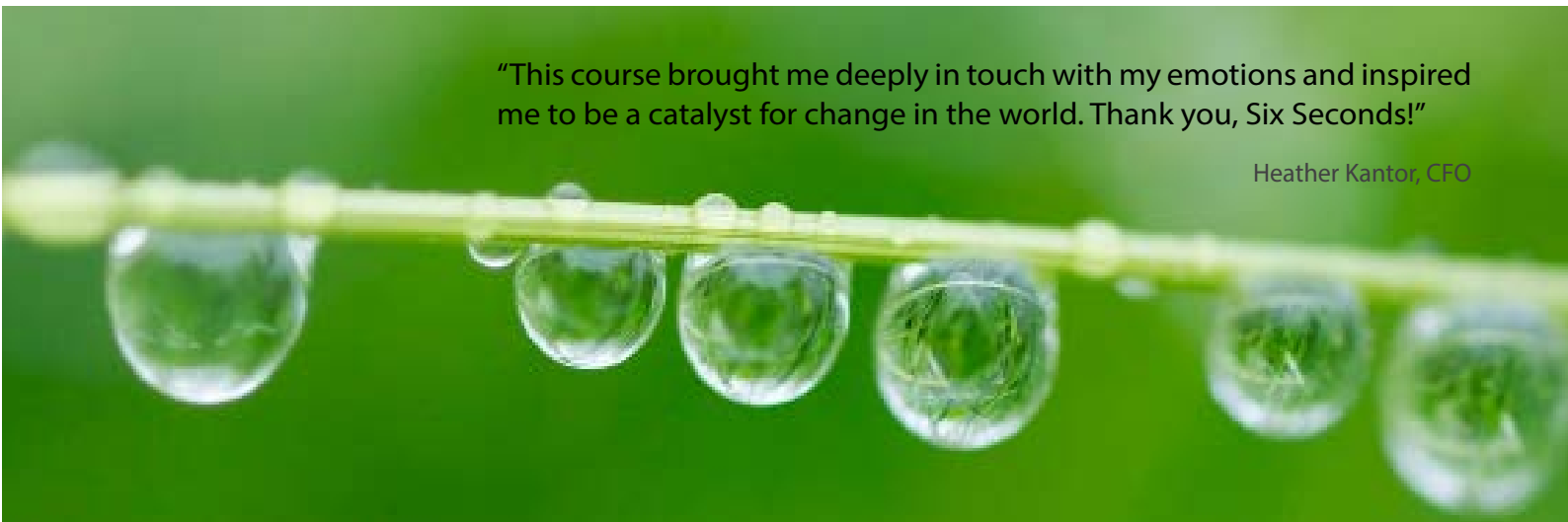
Learn more:

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



"The brilliance of the delivery and collaboration of minds allowed for the power of EI to come through with great clarity."

Red Bardes, Management Education Facilitator,
FedEx Express

After the EQ Fellow Certifications

Specializations

How do you apply emotional intelligence to meet specific organizational & educational needs? Get equipped.

People-Management 101 Certification

"I need an effective, ready-to-deliver workshop for managers to be more effective at the people side."

Complete courseware built around an individualized workbook generated from the Brain Profiles assessment. Hands on, substantive, powerful training.

Vital Signs Certification

"I need metrics to focus organizational (including educational) leaders on the people-side of performance."

Robust tools for measuring organization climate, school climate, team climate, and the leadership capacities to build a vital organization.

Coach Certification Foundations

"I need to learn to effectively coach using the the International Coach Federation competencies."

Develop powerful coaching skills strengthened by EQ and the Brain Profiles in the first step for EQ Coach Certification.

EQ Educator Certification

"I need to apply Six Seconds' methods for SEL."

Teach EQ, create more positive, engaged classrooms with the Self-Science process for social emotional learning.

See more: www.6seconds.org/certification

Advanced Certifications

Deepen your expertise to apply the Six Seconds' tools and methods in your professional practice.

EQP

EQ Practitioner

Strengthen your capacity to practice EQ to engage others to practice. 3 days in person + pre & post eLearning.

INT

EQ Integration

Partner with experts to apply the insights from Core into your work. Integrations include focus on educator or business and:

Facilitation (training/teaching)
Coaching
Consulting
Living with EQ

ADV

Advanced Certification

Go deep using the methodology to become a certified...

EQ Coach
EQ Consultant
EQ Facilitator

MC

Master Class

Six Seconds' partners and leaders in the community join forces to take our work to the next level.