



# Core Tools & Methods to Increase EQ

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.

“A best-in-class process to bring EQ concepts to life...” - Cynthia Ng, SVP Learning and Development HSBC

## Core Part 1: Unlocking EQ

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

## Core Part 2: EQ Practitioner Certification

Join the leaders in the field 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.

## Core 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.

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

James Dewar, Director, RMD Kwikform

## Certification Benefits

Six Seconds’ core certifications equip 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. Your own EQ practice 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. Then, to be most effective with the Six Seconds’ methodology, continue on the certification path toward mastery.

Core includes five full 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 development tools in our Certified Library for yourself and clients, and can purchase and use the best-in-class EQ assessment, SEI -- as well as a wide range of supporting tools and curricula.

Coaches: EQPC is accredited by the International Coach Federation for 47.5 CCEUs (33 Core, 14.5 Resource). EQAC for 33 CCEUs (26.25 Core, 6.75 Resource).



“One of the best program that I’ve even taken. I learnt a great deal about EQ and gained valuable tools to apply it at home and at work.”

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

## Certification Pathway

**UEQ**

### Core 1: Unlocking EQ

Experience why, what, and how EQ works & Six Seconds’ research-based methods & tools. 1 day in-person or virtual.

Practice with the tools and methods: Share your experience.

*Dive into the practice of EQ*

Use: EQ TFA Experience

Earn: Six Seconds Ally

**EQP**

### Core 2: EQ Practitioner

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

Practice with the tools and methods: Project-based learning.

*Build your capacity for EQ*

Use: KCG Profile;  
Practitioner Library

Earn: Certified EQ  
Practitioner

**EQA**

### Core 3: EQ Assessor

Get equipped to measure EQ for an evidence-based approach to development. 1 day + virtual.

Practice at least 5 debriefs. Pass the final practicum.

*Measure & develop EQ*

Use: SEI toolkit

Earn: Certified EQ Assessor

**INT**

### EQ Integration

Weave the tools & methods for your work facilitating learning | building SEL | coaching | consulting. Via distance learning.

Implementation project.

*Make EQ practical*

Use: Starter Kit

**ADV**

### Advanced Certification

Develop expertise using Six Seconds’ tools & methods as certified professional.

Case Study Project

*Go Professional*

Earn: Certified EQ Facilitator,  
Certified EQ Coach, or  
Certified EQ Consultant

**MC**

### Master Class

Join the leaders of the EQ Network

*Lead the Movement*

Earn: Certified Advanced  
Practitioner



“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

## Core 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.

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.



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.

“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

## Core Part 2: EQ Practitioner

This 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.

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.

In this course you will...

- Understand the Six Seconds Model and the eight core competencies to put emotional intelligence into action.
- Take home dozens of proven EQ exercises and learning tools 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.
- Strengthen your own emotional intelligence.
- Be able to utilize the “KCG Profile,” offering practical feedback for introducing the value of EQ.

*At the core, Six Seconds’ work is about the triangle shown to the right. Our feelings, thoughts, and actions are constantly interacting, affecting one another. As we become more aware of these dynamics, we can expand our choices.*



“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

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

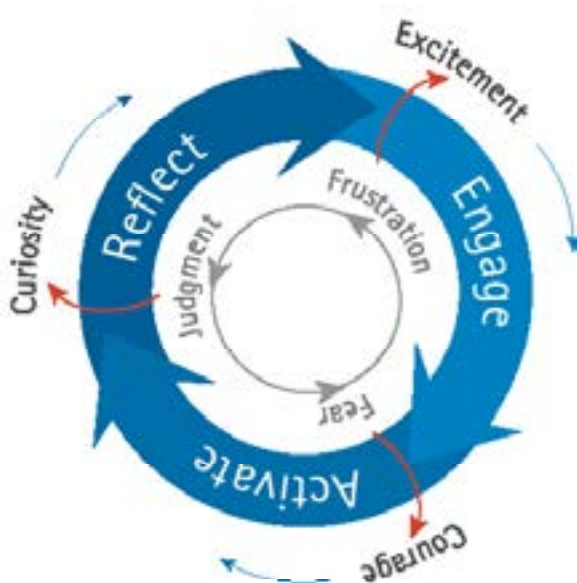
Feedback about emotional intelligence performance - from unlimited number of raters and groups.

### 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.



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

"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](http://6sec.org/reg)

**Course schedule:** [6sec.org/events](http://6sec.org/events)

**Investment:**

Part 1: Unlocking EQ: \$395

Part 2: EQ Practitioner: \$2,595

**Early bird discount:** Register and pay 30 days ahead for a 10% discount

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

### 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](http://6sec.org/certlicense)

Please note the annual renewal requirements, including 12 ACE units. For details on renewal, see [6sec.org/kb/ace](http://6sec.org/kb/ace)

### Special Local Pricing

For South Africans, proof of permanent residency required:

Step 1, Unlocking EQ: R 5,000

Step 2, EQ Practitioner Certification: R19,500

Discounts apply as above.

### Contact in South Africa

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In South Africa in Partnership with



“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

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.

## EQ from A to Z

### Related Materials

The Six Seconds Models & Methods in the CORE 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 hundreds of resources and weekly updates. The library includes slides, videos, worksheets, and other building blocks. It also contains many complete workshops/presentations, such as:

- Intro to EQ (2 hour workshop introducing the Six Second Model)
- 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)
- 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)

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](http://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 Core Certifications

### Specializations

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

#### Brain Profiles Certification

“I need a simple, practical assessment to introduce EQ and to weave EQ into management or education.”

The power of an in-depth emotional intelligence assessment distilled to 1 page... youth or adult versions... ideal for facilitation / teaching / 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

“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](http://www.6seconds.org/certification)

### Advanced Certifications

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

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#### 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.