



EQ Assessor Certification

Measure and Develop Emotional Intelligence

Emotions are a key driver for professional and personal transformation. Equip your practice with the world-class emotional intelligence assessment (the SEI®) and the Change MAP for structuring a transformational coaching process fueled by EQ.

“The SEI is crucial to unleash the EQ of leaders and enable them to promote greatness in every aspect of their lives.”

Melkart Rouhana, Director of L&D, Emaar Hospitality

CORE Emotional Intelligence
CORE CERTIFICATIONS

ICF
International Coach Federation
Business Partner

sixseconds
THE EMOTIONAL INTELLIGENCE NETWORK

“One of our biggest challenges is how to get more employee engagement under challenging times with diminishing resources. SEI has been an effective tool for identifying emotional intelligence issues and improving discretionary effort including ‘real world’ action plans for improving emotional intelligence. We greatly appreciate the support, learning, and continuing research by the SEI team.”

Bob Brooks, HR Advisor, FedEx

Certification Benefits

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

FedEx: 59.8% of leadership performance predicted by EQ.

New managers increased EQ by 12% yielding dramatic improvements in effectiveness. 6sec.org/fedex

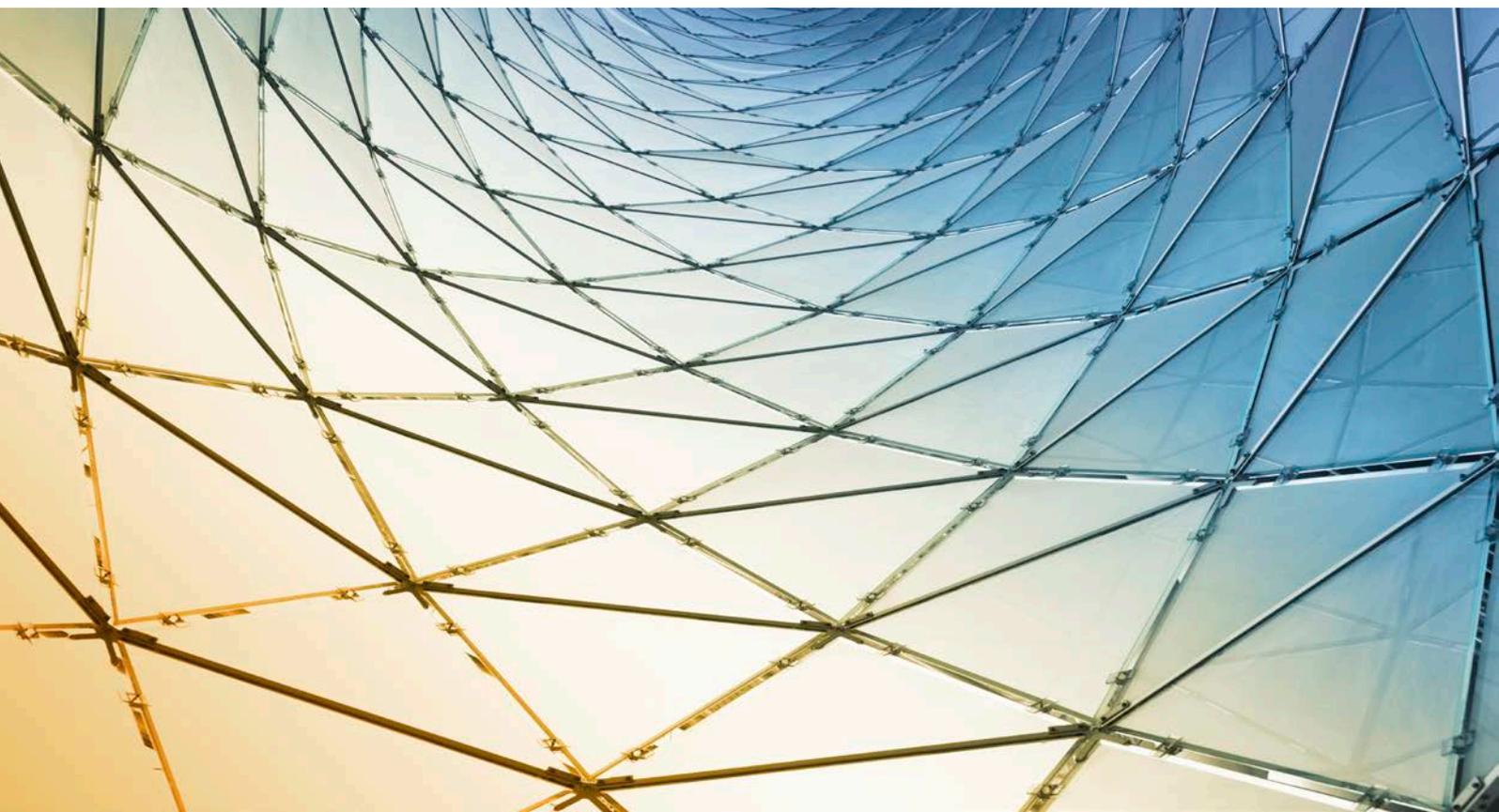
Amadori: 76% of employee engagement predicted by EQ.

Higher EQ managers have a more committed workforce and drop turnover by 63%. 6sec.org/amadori

Komatsu: 9.4% increase in plant productivity.

In three months of integrating EQ to increase vitality, engagement doubled. 6sec.org/komatsu

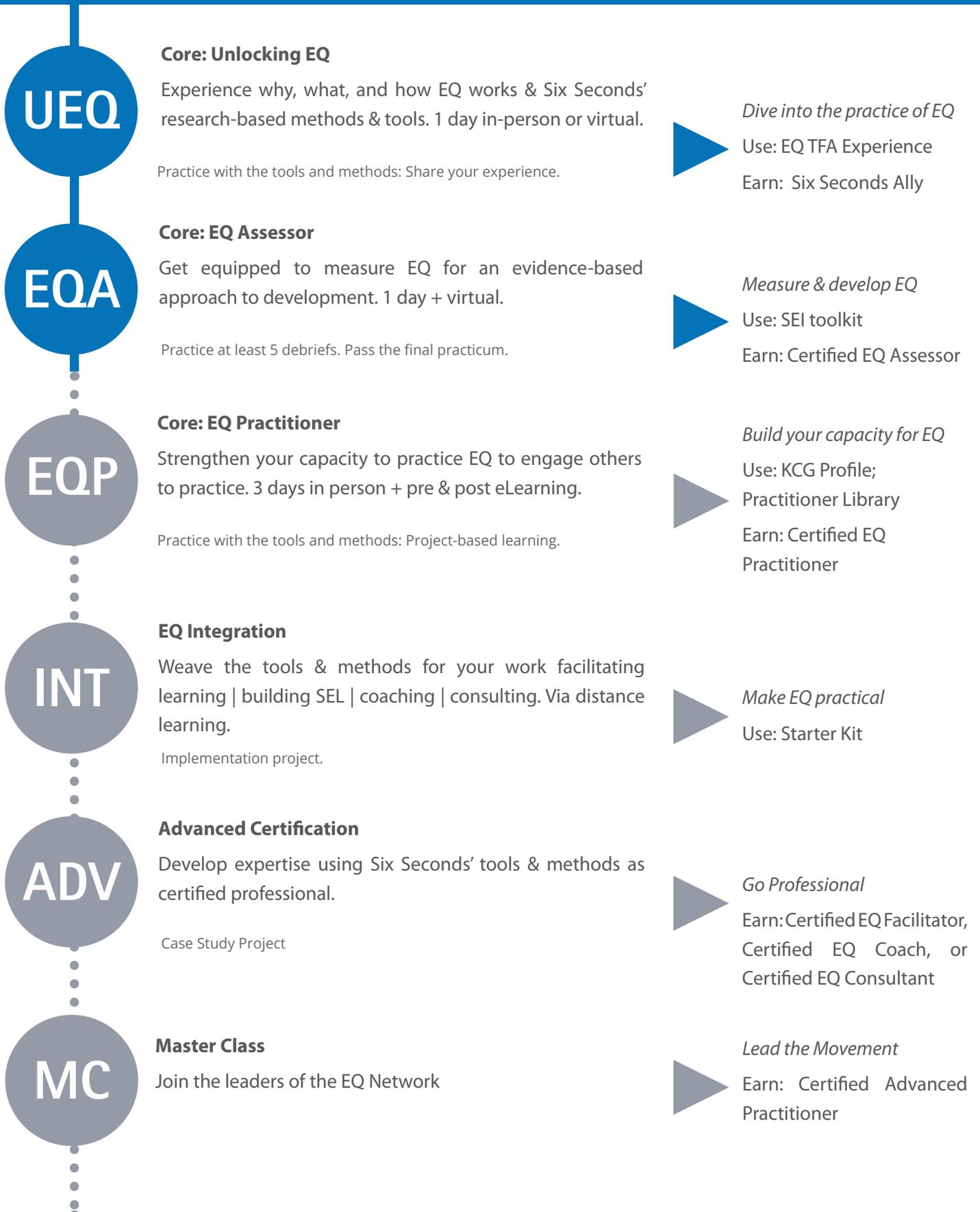
The World Economic Forum’s “The Future of Jobs” research identifies emotional intelligence as one of the top skills for the future. Why? Today, success requires collaboration, influencing across boundaries, and navigating complexity — skills that are fueled by emotional intelligence (or “EQ”).



“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



“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

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.

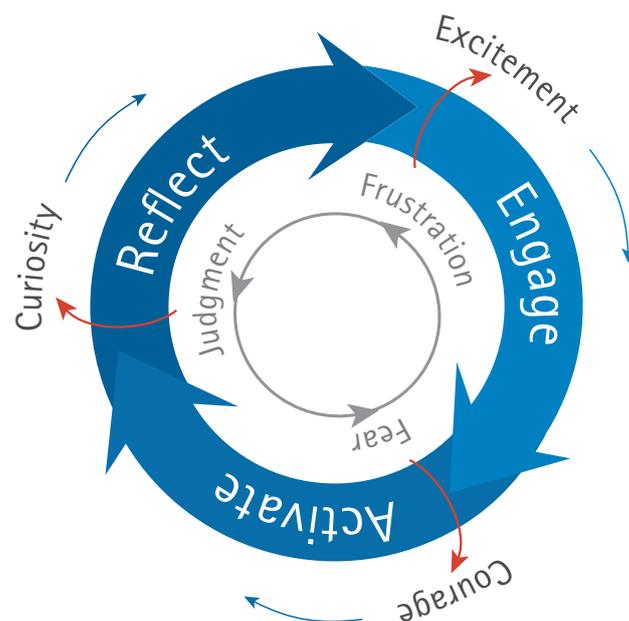
The course follows this model, however, the focus is on development so those who use other models (e.g., BarOn, Mayer-Salovey, Goleman) are able to apply Six Seconds’ methodology irrespective of theoretical model.

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

Kevin Herft, Manager, Cabin Services Training, Qatar Airways

EQ Assessor

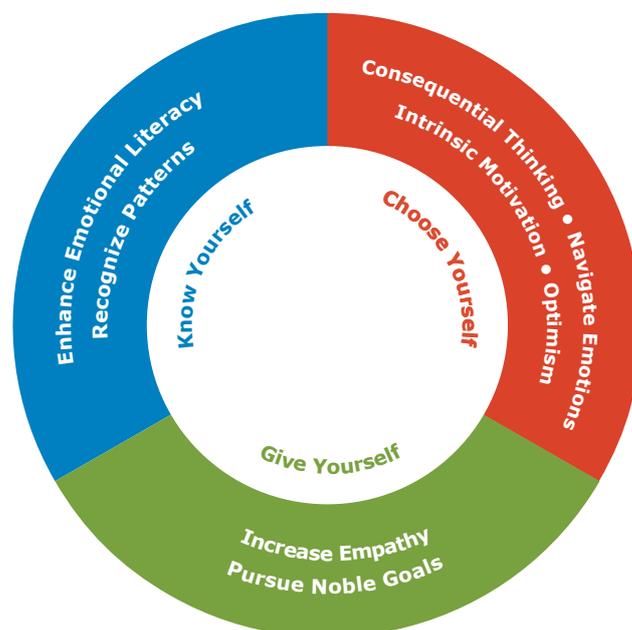
Learn to administer, interpret and debrief the SEI. A complete toolset to measure and develop the key drivers of performance, the SEI assessments support professionals get better results on the “people-side.” Unlike other psychometric tools which provide an abstract diagnosis, the SEI provides practical 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.



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

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 full Six Seconds Model, to the right, includes eight learnable, measurable competencies in a process framework for putting emotional intelligence into action.

The SEI assessment has assisted over 150,000 people in over 150 countries in 20 languages with actionable insight to improve effectiveness, relationships, quality of life and wellbeing. To understand the value of the toolset, see real-world examples applying EQ in companies, schools, government agencies, and with individuals at

6sec.org/cases

About the SEI

SEI is part of a complete system for creating value with emotional intelligence. The toolkit includes four scientifically rigorous assessments with over 10 different reports (plus the Brain Profiles available with an add-on certification), plus extensive development resources and an array of support material all based on the same model – all around the globe – 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; multiple reports available including Development Report, Leadership Report, Neural Net, Group Report, Comparison Analysis.

SEI360 EMOTIONAL INTELLIGENCE MULTI-RATER ASSESSMENT

Feedback about emotional intelligence performance – each assessment includes an unlimited number of raters and groups for rich, powerful feedback.*

SEI-YV YOUTH EMOTIONAL INTELLIGENCE ASSESSMENT

SEI-YV: The Youth Version provides a snapshot of EQ and current "barometers of life" for ages 7-18.*

SEI-pYV: An adult's perspective on the youth's EQ and current "barometers of life" for children of any age.*

*add-on certifications after completed EQAC

The Neural Net

The EQ Neural Net is the first artificial intelligence for emotional intelligence coaches. Using advanced analytics, the NN provides clients with objective, practical guidance on using EQ to improve...

Effectiveness

Relationships

Quality of Life

Wellbeing

Example Uses of SEI

Amazon.com: Equipping technical managers to lead people by integrating the tools into learning and people-analytics in a key business unit.

United Nations: Strengthening skills for insight and connection.

FedEx: Sustaining a culture of people-first leadership around the world, and equipping managers to use EQ tools to coach their people.

Universities: Integrating EQ to strengthen resilience and retention; providing faculty tools to have more powerful dialogue with students.

Schools: Developing an evidence-based approach to social emotional learning for students — and giving teachers a clear way to understand their own EQ skills.

P&G: Developing a leadership culture by bringing EQ to selection and development programs.

SEI® is a Registered Trademark of Six Seconds

“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

EQ Made Practical

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.



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 150 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

The EI Assessor course has been amazingly right. The SEI is impressive, as is the pedagogy used during the training.

Melanie Blanchard, Head of Advising, KAUST

Certification Options

Depending on your preferences and schedule, you can complete UEQ online or in-person, and then start EQAC online or in person. The online option is more flexible and allows more time for application. The in-person option is more immersive and provides more hands-on exercises.

In addition, as a pioneer in social emotional learning, Six Seconds offers a specialized add-on for education.

Whichever option you choose, anywhere in the world, you'll be learning the same powerful toolset and following Six Seconds transformational learning methodology. So mix-and-match to build your own learning adventure.

Online

Both UEQ+EQAC delivered via live online classroom, plus self-study eLearning, projects for practical application, and one-to-one coaching.

In-Person

Unlocking EQ - one day experiential learning

EQ Assessor - one or two days in person plus additional modules via live online classroom, plus self-study eLearning, projects for practical application, and one-to-one coaching.

In-House

The program can be delivered through a blended in-person/online training inside organizations (eg learning & development departments, school districts and universities).

Education Focus

An add-on to the EQAC is available which supports Assessors in using the SEI-Youth Version and integrating the assessments in social emotional learning.

The SEI tools are ideal for an evidence-based approach to SEL, as recommended in Six Seconds' Benchmarks for Social Emotional Learning see 6sec.org/sel



Business Partner

We are Business Partners
with the International Coach
Federation



EQAC is accredited by the ICF for 33
CCEUs (Coach Continuing Education Units
-- 26.25 Core, 6.75 Resource)

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“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

Investment, In Person

UEQ: €395 + EQAC: €1795

Discounts: Book both UEQ+EQAC at once for a 10% discount. Register and pay 30 days ahead for additional 10% discount.

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

Investment, Online

Online: UEQ: €195 + EQAC: €1195

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

Contact in Europe

For registration & questions...

Ilaria Boffa, Program Manager, Europe

ilaria.boffa@6seconds.org

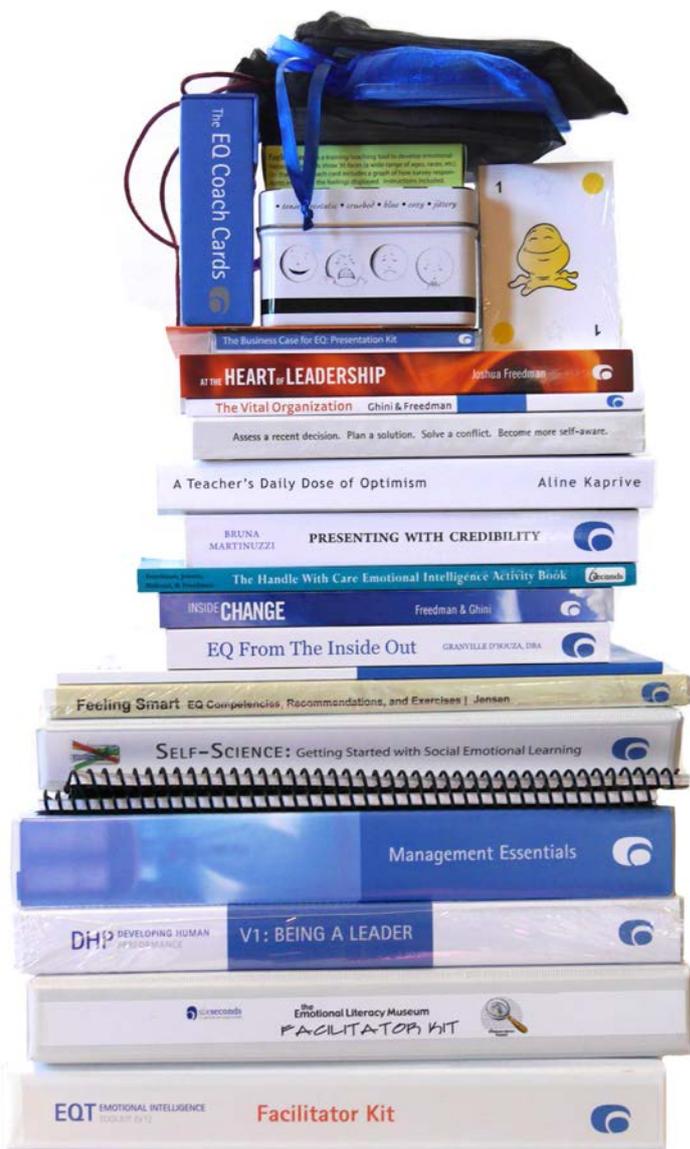
+39.335.8726148

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 these certifications 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, apps, 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.

“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

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 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

Advanced Certifications

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



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



Advanced Certification

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

EQ Coach

EQ Consultant

EQ Facilitator



Master Class

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