



EQ Assessor & Change Certification

Measure and Develop and Leverage Emotional Intelligence for Change Leadership

Emotions are a key driver for professional and personal transformation. Equip your practice with the world-class emotional intelligence assessment (the SEI®) and the specialized SEI LTC (Leading Through Change) toolset to equip leaders with the insight and skills to thrive in change – and successfully bring others along.

“The SEI LTC has supported me through a life-changing leadership experience. Along the way I have unearthed the values that drive me, identified the source of my intrinsic motivation, discovered my leadership blind spots and gained insight into how I can be more influential. I would thoroughly recommend UBalancer if you want to be not only an effective leader, but an inspiring one. I look forward to using the SEI LTC to develop inspired, AGILE leadership in my team.”

Trish Johnston, Assistant Secretary, Communications Branch, Department of the Prime Minister and Cabinet, Australia

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

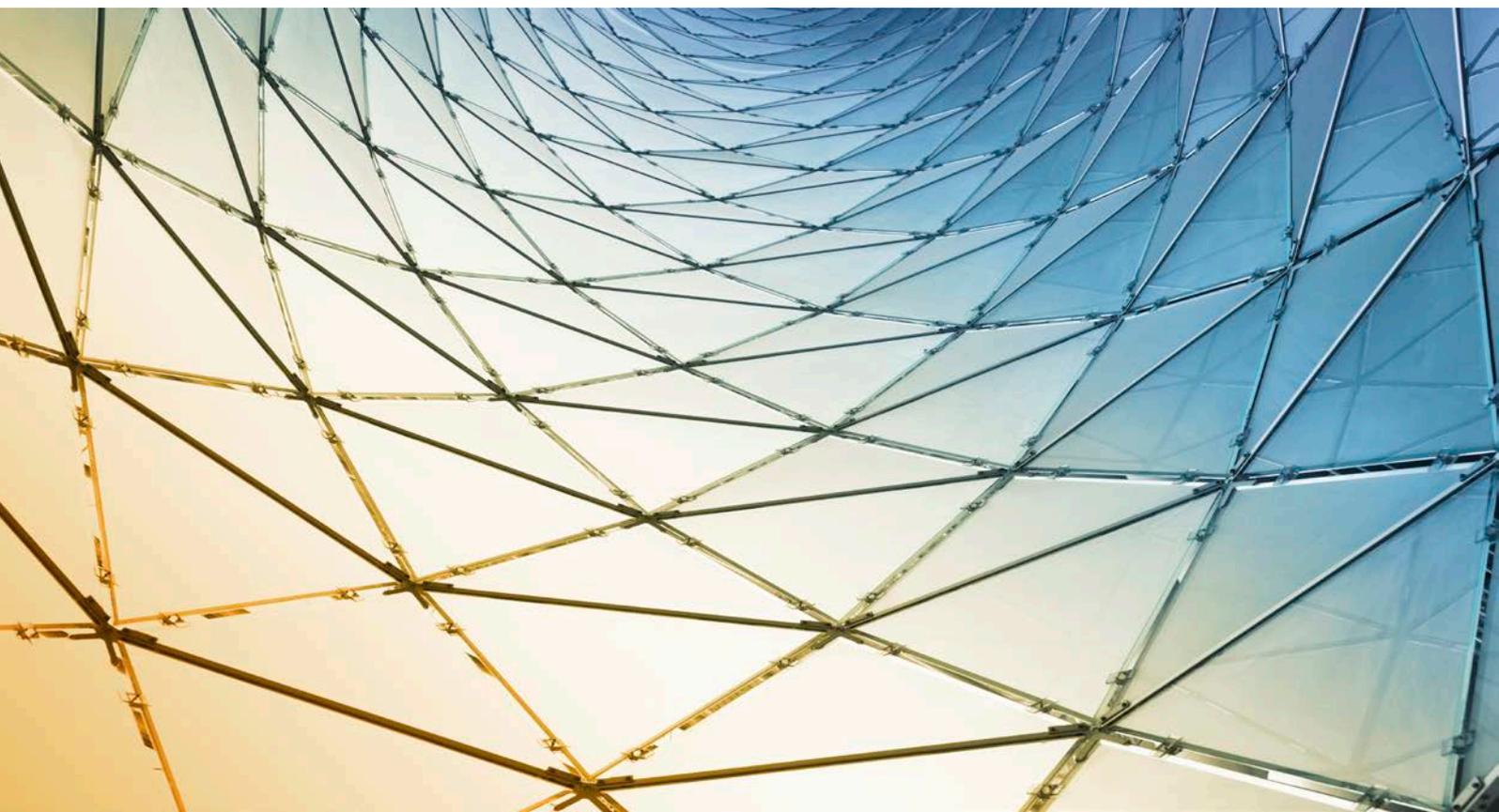
Amadori: 76% of employee engagement predicted by EQ.

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

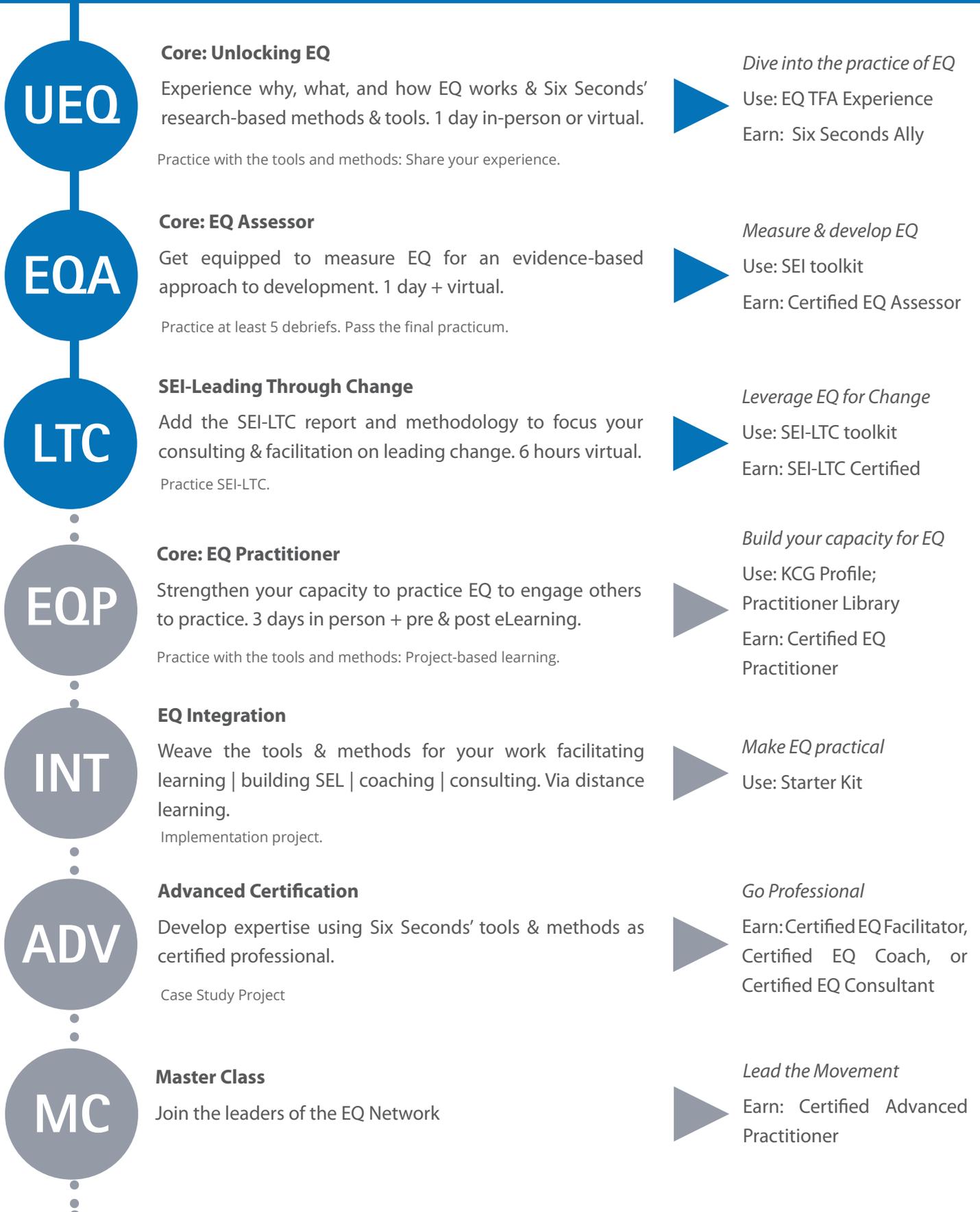
The World Economic Forum’s “The Future of Jobs” research identifies emotional intelligence as one of the top skills for the future. Why? Today, success requires collaboration, influencing across boundaries, and navigating complexity — skills that are fueled by emotional intelligence (or “EQ”).



“Hands-down one of the most insightful, impactful and immediately applicable programmes I’ve ever attended. Every human being would benefit from this.”

Tania Chew, Marketing, Bettr Barista, Singapore

Certification Pathway



"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

Apply to Join

Course schedule and apply to register:

6sec.org/events

Steps and Options:

UEQ in-person: AU \$ 695, or

UEQ virtual: AU \$ 325

EQAC virtual : AU \$1985

SEI LTC virtual: AU \$ 295

Discounts: 10% for booking the whole package at once. Plus, register and pay 30 days ahead for an additional 10% discount.

Certification requirements

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 certification renewal requirements, including earning 12 ACE units yearly to stay current. For details on renewal, see 6sec.org/kb/ace

Who should attend

The course is designed for learning & development professionals (coaches, trainers, facilitators, consultants) who are charged with growing the capacity for change leadership with their clients and in their organizations.



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

Hosted in AU by UBalancer a Six Seconds Preferred Partner

Contact

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"I recently had the pleasure of undertaking my Unlocking EQ course with UBalancer, and Alison Lalieu facilitating. All participants were able to open up to each other, and truly connect on a meaningful level. I believe that the Unlocking EQ experience has truly changed the course of my life, and I highly recommend anyone looking to engage with Six Seconds to connect with Alison to get going with Unlocking their own EQ."

Chloe Ward, Final year student, QUT, Bachelor of Organizational Psychology/Bachelor of Business

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.

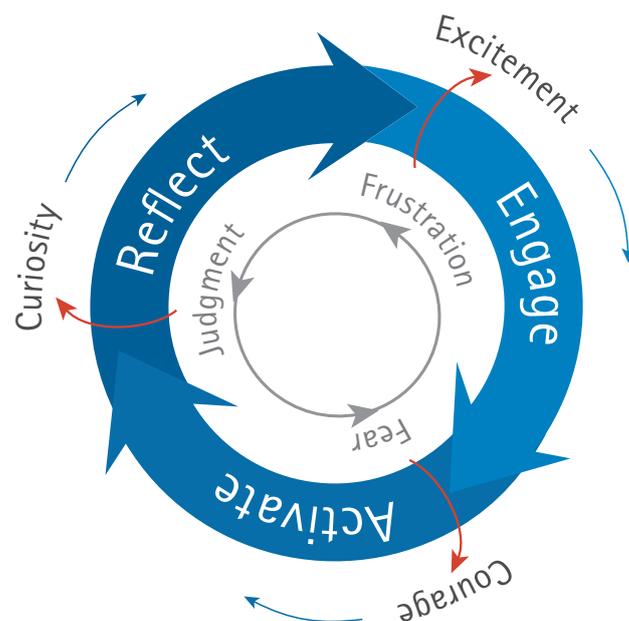
The course follows this model, however, the focus is on development so those who use other models (e.g., BarOn, Mayer-Salovey, Goleman) are able to apply Six Seconds' methodology irrespective of theoretical model.

“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.

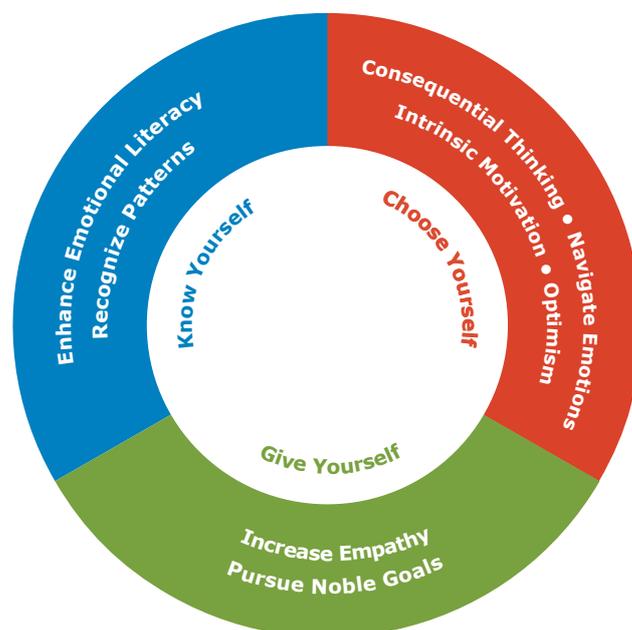


Six Seconds' Change MAP, shown above right, provides framework for designing and delivering coaching as a transformational process.

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.



“Every one of my clients is facing some sort of change. This report is packed with so many terrific additional resources and provides invaluable insight to lead self and others through change. The new AGILE leadership framework helps my clients to slow down and prepare for change. Whether you are working in the corporate world with leaders and team members, or you are a life coach helping people navigate the challenges of life, change is all around! You will absolutely find the SEI LTC invaluable and will want to have it your Six Seconds’ toolkit.”

Kelli Schulte, Six Seconds Preferred Partner, USA

SEI-Leading Through Change

As stress and complexity rise, people are more overwhelmed, more anxious. It means they are less open, less creative, less innovative around challenges, less risk taking, and more in struggle. Which means they need an expert solution even more.

According to global statistics on change, the majority of organizational change fails. So why is that?

The secret to successful change lies in the understanding that change happens at an individual level. It is an emotional experience, not a logical, rational one. People either resist or engage with the process depending on how they feel, and how Change Ready they are - emotions drive people!

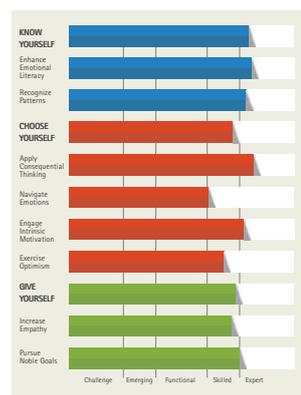
The SEI LTC approach will help you & your clients to

- empower and motivate people to embrace change
- understand the true value of taking people on the change journey with you
- inspire change leadership
- become an AGILE change leader able to thrive in the digital age
- grow your ability to influence others and make more effective decisions
- design and create more effective change projects
- lead organizational transformations with a deep understanding of the people side
- enhance your credibility as a change professional

Special Features include...

- A new Success Factor, called Change Readiness
- Inclusion of the Change MAP
- The splitting of components of the Success Factors of Effectiveness, Relationships, Quality of Life and Wellbeing (as seen in the data sheet)
- An AGILE leadership framework to help people slow down and prepare for change
- Several Development aspects – and space to write and capture Reflections

Section 3: Your SEI Profile



SEI scores are reported in five (5) performance bands:

Challenge (65-81)

This area may be an obstacle for you as a leader; and may be creating personal and professional challenges

Emerging (82 -91)

This is an area where you are developing skills and awareness; it is essential to continue to practice

Functional (92 -107)

This competence is adequate for typical situations; it will be valuable to continue to further development to meet the demands of leadership

Skilled (108-117)

This is a potential strength for you to leverage

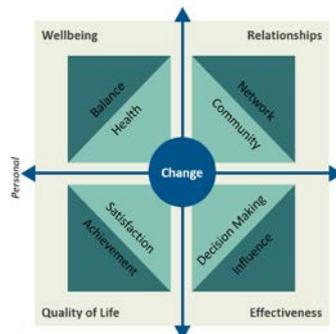
Expert (118-135)

You have unique ability in this area that distinguishes you as a leader

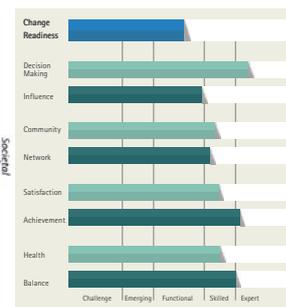
Initial thoughts:

SEI LTC Report - Page 10

Section 1: Success Factors



When you completed the SEI, you answered questions about your perception of your current work and life outcomes, as well as your Change Readiness. Your scores are shown here :



This report looks at Life Success Factors that are driven by your EQ competencies. The SEI LTC measures another Success Factor, called Change Readiness. As you read this report, reflect on and consider your satisfaction with these outcomes, and know that you can use your EQ skills to optimize these Life Success Factors.

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EQ Skills Help Drive:

- Change Readiness** Capacity to navigate and lead well through uncertainty
- Effectiveness** Capacity to generate results
- Relationships** Capacity to build and maintain networks and community
- Quality of Life** Capacity to maintain satisfaction and achievement
- Wellbeing** Capacity to maintain optimal energy and balance

The SEI assessment has assisted over 200,000 people in over 160 countries in 22 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

“The programme has opened a new and powerful reality in self development and self worth! Sue was an excellent facilitator in opening up the world of EQ and its applications in real life!”

Jeremy Abrahams, Principal Facilitator, Starwin Training

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

“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