

25

YEARS

INCREASING THE WORLD'S  
EMOTIONAL  
INTELLIGENCE



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# EQ Core Certification

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SIX SECONDS EMOTIONAL INTELLIGENCE NETWORK

EQ CORE CERTIFICATION



# CORE TOOLS AND METHODS INCREASE EMOTIONAL INTELLIGENCE

Emotions are a key driver for professional and personal transformation. In this certification program, gain insight and practical ways to use emotional intelligence (EQ) in your work and get certified to use the tools with others – online and/or in-person.

**“A best-in-class process to bring emotional intelligence concepts to life.”**

- Cynthia Ng, SVP Learning and Development HSBC



EMOTIONS DRIVE PEOPLE  
PEOPLE DRIVE  
PERFORMANCE

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

-James Dewar, Director,  
RMD Kwikform



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# EQ Core

# OVERVIEW

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Core includes 50 hours 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 access a range of development tools for yourself and clients, and can purchase and use the best-in-class EQ assessment, SEI – plus a complete system of supporting tools and curricula.

### **Core Part 1: Unlocking EQ**

Dive into Six Seconds' powerful methodology and learn why, what, and how emotional intelligence works. Experience the method and map your future with EQ.



### **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.



# EQ MADE FOR YOU

## Six Seconds' core certifications equip you with an in-depth experience 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 system 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.

## Who should attend?

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

**“ This course was an eye opener. It helped me to understand myself better and gave me guidance and the tools to immediately start practicing.”**

- Hanan Al Mansoori, Supervisor EVS,  
Cleveland Clinic, Abu Dhabi

ATTN Coaches:  
EQ Core is part of our Approved Coach Training Program and accredited by ICF for CCEs (56.5 hours).

**ACTP**  
ICF ACCREDITED COACH  
TRAINING PROGRAM

ICF

**CCE**  
ICF CONTINUING  
COACH EDUCATION

ICF



**“ Six Seconds EQ Practitioner certification was an enriching and engaging experience. Even on Zoom. I gained a deeper understanding of the methodology and competencies that will help me personally and will help me serve my clients better. Thank you for such an amazing and well-thought-out learning experience.”**

- Alana M. Hill, PMP, Principal Consultant,  
2Hill Consulting Services, LLC

A photograph of two women in a professional setting. The woman in the foreground is smiling and looking towards the right, holding a stack of colorful sticky notes. The woman in the background is also smiling and looking towards the right, holding a pen and pointing at a whiteboard. The whiteboard has several sticky notes attached to it. The background is slightly blurred, showing a modern office environment.

NOT JUST THEORY.  
LEARNING IN PRACTICE.

“

**This program enabled me to apply the tools and learning with immediate effect. It can be applied to self, at work and to my social network circle at large.”**

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

## Evidence-Based Learning

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.

We're known for deeply engaging, transformational learning. We're not new to virtual: over 15 years ago we started on this path to reach people all around the globe.

## Engaging Online or In-Person

If you enjoy sitting and staring at a screen and passively listening for hours on-end, this is not the program for you! Just as we do in-person, Six Seconds' online courses are designed based on current neuroscience: Hands on, interactive, emotionally rich, and chock-full of practical tools.

Dig deeper into the Six Seconds Learning Philosophy:

[6sec.org/learning](https://6sec.org/learning)

# ACTIVATING LEARNING WITH EMOTION



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# REGISTRATION

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See updated  
schedule and  
apply:

[6sec.org/events](https://6sec.org/events)

## Pricing for **Online/Virtual**

Part 1: Unlocking EQ US\$195

Part 2: EQ Practitioner US\$ 2495

Part 3: EQ Assessor US\$ 1895

## Pricing for **In-Person + blended/eLearning**

Part 1: Virtual Unlocking EQ US\$295

Part 2: EQ Practitioner US\$ 2895

Part 3: EQ Assessor US\$ 2295

Contact us for discounts (for booking all 3 courses together or if you register and pay 45 days ahead)

## Contact for North America

**Hala Jimenez, Certification Program Manager**

Book a meeting: [6sec.org/cal/hala](https://6sec.org/cal/hala)

Email: [6sec.org/contact](https://6sec.org/contact)

## Certification requirements

These programs are 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, participants must complete online pre-work, attend the full program (a minimum of 80% of class time required; in some cases, absences can be made up in one-to-one sessions with an additional cost of \$150 per hour), plus plan and implement a project to demonstrate competence with the methods and tools and follow the terms of certification – please see [6sec.org/certlicense](https://6sec.org/certlicense) for more information.

Please note the annual renewal requirements on [6sec.org/renewal](https://6sec.org/renewal), including 12 hours of accredited continuing education (ACE).

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**Six Seconds is more than an organization with excellent resources and training programs. It is a community that has supported my work, my world and my purpose. It is a movement that is essential to the survival of humanity and is actually making a difference. I am honored to learn, work and be a part of this community.”**

-Adrienne Seal, Founder and  
Principal Coach, Spirit Tree  
Consulting - USA





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# Core Part 1: Unlocking EQ

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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 Think-Feel-Act process to introduce EQ and to use EQ to solve specific challenges. This provides an actionable way practice and share EQ.



(virtual) 4 hours of classes  
+ 2 hours eLearning



In-Person, In-House, or  
Blended Online

Unlocking EQ  
is the first step  
in all of Six  
Seconds range  
of certification  
courses.

[6sec.org/cert](https://6sec.org/cert)

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 these core competencies.

[6sec.org/cert/ueq](https://6sec.org/cert/ueq)

# Core Part 2: Practitioner

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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.

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, and teaching.
- Strengthen your own emotional intelligence.
- Be able to utilize the "UEQ Profile," offering practical feedback for introducing the value of EQ.



(virtual) 3x 2-hour meetings  
+ 3 days of class and + 4 hours  
eLearning



In-Person, In-House, or  
Blended Online

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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

[6sec.org/cert/pc](https://6sec.org/cert/pc)

# Core Part 3: Assessor

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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 Six Seconds Change MAP.
- Enhance and leverage your own emotional intelligence.



(virtual) 6 hours of classes  
+ 12 hours eLearning



In-Person, In-House, or  
Blended Online

“

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

-Kevin Herft,  
Manager, Cabin  
Services Training,  
Qatar Airways

SEI® is a Registered Trademark of Six Seconds

[6sec.org/cert/ac](https://6sec.org/cert/ac)

# Core Part 3: Assessor cont'd

A complete toolset to measure and develop the key drivers of performance, the SEI assessments support professionals get better results on the “people-side.”

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.\*

\*add-on certifications after completed EQAC  
SEI® is a Registered Trademark of Six Seconds



(virtual) 6 hours of classes  
+ 12 hours eLearning



In-Person, In-House, or  
Blended Online

“

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

[6sec.org/cert/ac](https://6sec.org/cert/ac)

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**Six Seconds is an amazing organisation. Every single time I connect with them, I gain new insights and further develop my own emotional intelligence.**

**I find the way they deliver information to be so incredibly valuable. They make it clear, simple and easy to understand which means it is easy to implement.**

**I am very grateful for the work they do and it is certainly making a difference to me, which ripples to both my personal and professional life.**

- Michele Tocci, Chisholm  
Institute, Melbourne,  
Australia



# WHERE DO YOU WANT TO GO WITH EMOTIONAL INTELLIGENCE?

## EQ PRO CERTIFICATIONS



### **CERTIFIED EQ COACH**

What does it take to become a great coach? Apply (ICF) Core Competencies in the essentials of coaching with an EQ foundation. The EQ Coach Certification is research-backed with case studies, current neuroscience, and best-practices refined over decades of study.

[6sec.org/cert/ceqc](https://6sec.org/cert/ceqc)



### **CERTIFIED EQ CONSULTANT**

Want to take your consulting up a level? Apply the skills and insights from EQ Core with the power of the Vital Signs toolkit to build buy-in for organizational transformation. Partner with organizational leaders in creating vital organizations. Lead sustainable, measurable, high performance – driven by people.

[6sec.org/cert/ceqx](https://6sec.org/cert/ceqx)



### **CERTIFIED EQ FACILITATOR**

What makes effective EQ training? Apply the powerful insights and tools from EQ Core to design and deliver transformational learning experiences. The Facilitator Integration sets the foundation for the EQ Advanced Facilitator Certification, a deep dive into theory and practice of Six Seconds' learning methodology.

[6sec.org/cert/ceqf](https://6sec.org/cert/ceqf)



### **CERTIFIED EQ SEL SPECIALIST**

Can you transform schools with EQ? While most educators see the value in social-emotional learning, many schools do not have a systematic, comprehensive, developmental approach to these essential skills. These social emotional skills are one of the foundations for high performing students and classrooms.

[6sec.org/cert/csel](https://6sec.org/cert/csel)

**“ 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



# Six Seconds

## KEY CONCEPTS

For 25 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.

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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.

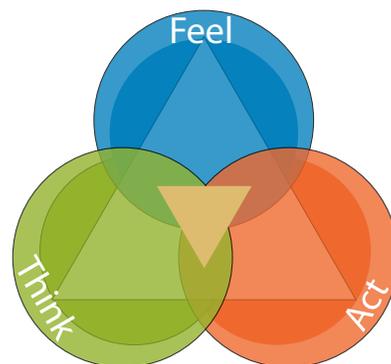
**More: [6sec.org/eq](http://6sec.org/eq)**



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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.

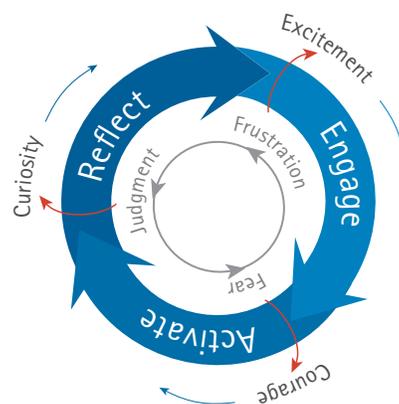
**More: [6sec.org/tfa](http://6sec.org/tfa)**



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Six Seconds' Change MAP provides framework for designing and delivering coaching as a transformational process. This model provides a structure to support Six Seconds practitioners in designing and delivering effective programs.

**More: [6sec.org/change](http://6sec.org/change)**





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It is the very best course I have attended. It addresses the 'how' of doing the theory. Trainer was very engaging using great learning tools throughout.

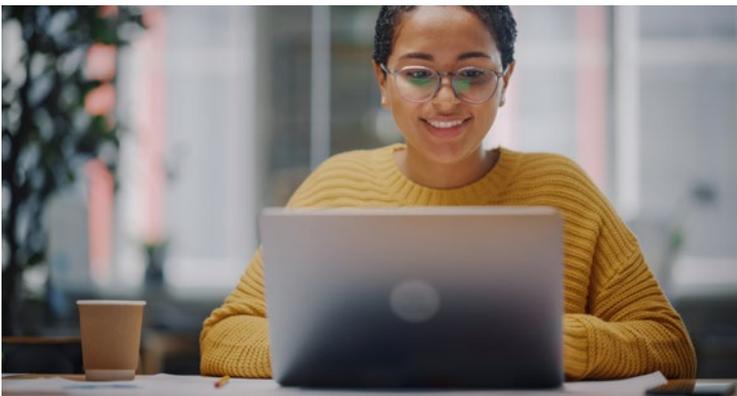
- Rasha El Gamal, Chief HR Officer, DMG, Egypt



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“Experimental learning at it's best. Wonderfully presented and easily understood. Great EQ tools to help me in my personal life and in the work environment.”

Yusuf Lalkhen,  
Psychologist and  
Educational Consultant



# IMAGINE THE WORLD WITH A BILLION PEOPLE **PRACTICING EQ**

Six Seconds is the global community working to increase emotional intelligence everywhere.

**Transformational:** Data shows the practice of emotional intelligence increases effectiveness, wellbeing, relationships, and quality of life. So, we research & disseminate “what works,” and support a network of changemakers to bring these skills into practice everywhere.

**Global:** Founded in 1997, Six Seconds is the first and largest organization 100% dedicated to the development of emotional intelligence. We have offices and representatives in over 25 nations and our community reaches over 200 countries and territories.

**Scientific:** Six Seconds, together with our partners around the world, has published scores of case studies (including at FedEx, Siemens, UCB at [6sec.org/cases](http://6sec.org/cases)) and dozens of papers including the ongoing State of the Heart, the world’s largest study of EQ ([6sec.org/soh](http://6sec.org/soh)) – plus 1000s of hours of curriculum (for senior leaders, employees, managers, parents, teachers, children), 350+ hours of certification training to grow world-class experts.

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.

