

25

YEARS

INCREASING THE WORLD'S  
EMOTIONAL  
INTELLIGENCE



# EQ Coach Certification

SIX SECONDS EMOTIONAL INTELLIGENCE NETWORK

ACTP

ICF ACCREDITED  
TRAINING PROGRAM

ICF



# COACHING THAT FUELS TRANSFORMATION

Coaching is a powerful process to support people to create positive change – which takes thoughts, feelings, and actions working together. Through this journey you'll learn to apply International Coach Federation (ICF) Core Competencies for the essentials of coaching; a transformational emotional intelligence framework to make coaching highly effective; plus practical tools to provide metrics for growth.

**“EQCC has been a truly life-defining journey. It blends profound, timeless theory with ample practical opportunities, all ably supported by exemplary mentor coaches (the student-mentor ratio on this course is laudably small).**

**I feel honoured to be able to partake in this journey allied with such a wise, authentic, purposeful community.”**

- David Edwards, Software Programme Manager, CityFibre Ltd

**EQCC** Emotional Intelligence  
COACH CERTIFICATION

**ICF**  
BUSINESS  
SOLUTIONS  
PROVIDER

ANTIOCH  
UNIVERSITY

 **sixseconds**  
THE EMOTIONAL INTELLIGENCE NETWORK



EMOTIONS DRIVE PEOPLE  
PEOPLE DRIVE  
PERFORMANCE

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# COACHING FOR TRANSFORMATION

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Build your coaching practice with ICF competencies and in-depth understanding of EQ and the Six Seconds Model.

## Why?

Develop coaching skills with the ICF Core Competencies plus EQ tools to effectively support people to create positive change.

## What?

Become a skilled coach equipped to support positive change and build your practice. Earn International Coach Federation accreditation and Six Seconds EQ Coach Certification.

## Who?

Change makers: both independent professionals and those inside organizations responsible for improving people performance.

**“A mind shifting experience in coaching that makes coaching more trust worthy because of all the EQ tools”**

– Solafa Baterjee, CEO, Doroob

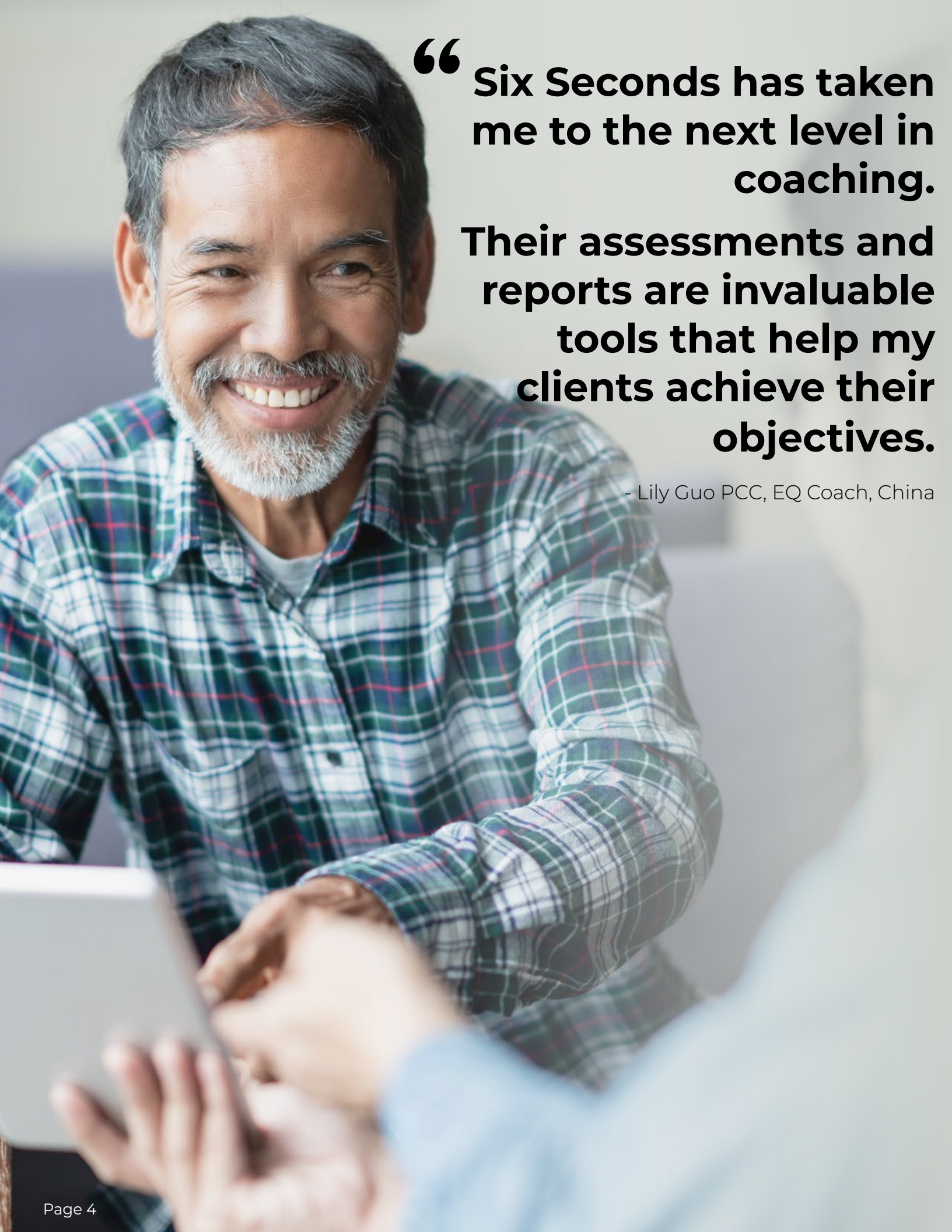
“ All the elements necessary  
to be a well-versed,  
committed EQ coach.”

– Donna Lewis, ACC, AECOM

EQCC ESSENTIAL ELEMENTS	EQCC	ICF REQUIRED
<b>In-depth</b> training	223.5 HOURS	125 HOURS
<b>Extensive</b> practice & supervision with faculty	12+ HOURS	6X 20 MIN
<b>Tools</b> for assessment, development	10+ REPORTS	✗
<b>Ratio</b> of students to faculty & observers	8:1	20:1
Content for <b>business development</b>	✓	✗
<b>Cases, resources, tools</b> for marketing	✓	✗
<b>Ongoing</b> supervision*, classes* & support* post-COURSE *add-on components for additional fee	✓	✗

We’ve researched the key ingredients coaches need to launch their practice. Where many programs introduce coaching skills, EQCC prepares and supports you to be an effective coach. Where other programs teach the basics, EQCC equips you to build your practice as a highly effective coach with a robust toolset.



A photograph of a middle-aged man with a grey beard and a plaid shirt, smiling warmly. He is looking down at a tablet computer that is being held by another person whose hands are visible in the foreground. The background is softly blurred, suggesting an indoor setting.

**“ Six Seconds has taken me to the next level in coaching. Their assessments and reports are invaluable tools that help my clients achieve their objectives.**

- Lily Guo PCC, EQ Coach, China

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# EQ Coach OVERVIEW

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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.

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.

EQCC is fully accredited by the International Coaching Federation (223.5 hours, enough for Master Coach level certification) and by Antioch University (9 semester-units, almost 1/3 of your MBA or MA); see page 14 for important details on accreditation.

## 1. ASSOCIATE BRAIN COACH

*Level: Associate Coach*



## 2. CERTIFIED EQ COACH

*Level: Professional Coach*



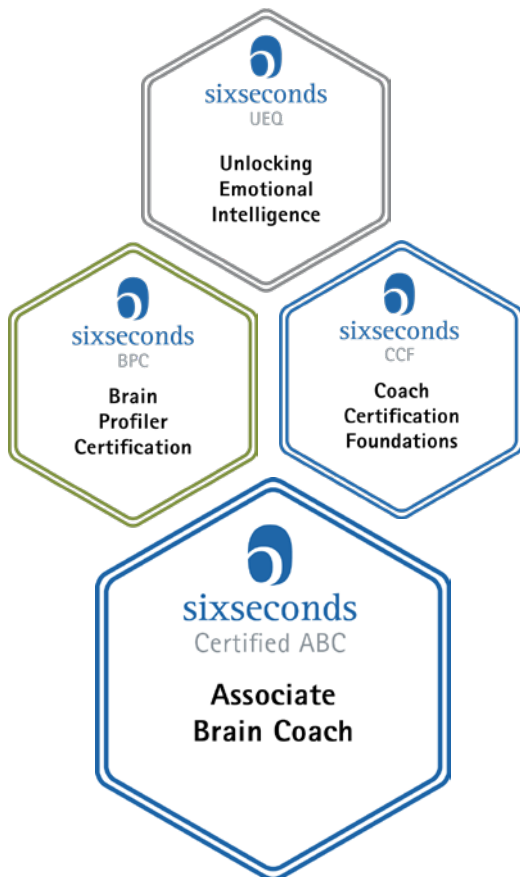
# EQ Coach BEYOND BASICS

Start with the Part 1. Learn to coach, collect certifications as you learn practical, proven tools. Earn Associate Brain Coach (ACC-level).

In Part 2, grow your expertise & toolbox with life-changing learning, extensive practice & advanced tools. Earn Certified EQ Coach status (PCC).



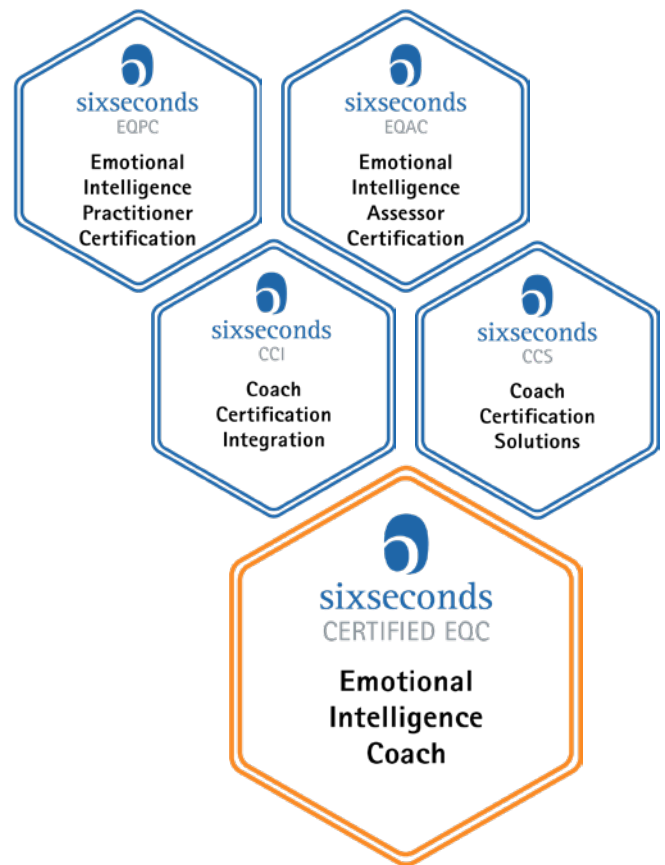
## Part 1: ACC Associate Brain Coach 4 months



Level 1 Add-on Pending, see p 14



## Part 2: PCC Certified EQ Coach 7 months




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







A photograph of two women in a professional setting, likely a meeting or coaching session. The woman on the left is seen in profile, gesturing with her hands while speaking. The woman on the right is facing her, listening attentively. The background is softly blurred, showing large windows and interior architectural elements.

**“ As a seasoned executive leader, I have lived by the rule ‘you change first,’ but with Six Seconds EQ coaching certification I experienced a far deeper personal and professional transformation than any other learning journey I have ever been on. I’m a different person now, equipped with a new perspective and incredibly impactful and practical tools to help others harness their emotions to yield positive outcomes and to find their life’s true purpose.**

**Simply amazing.**

**Thank you Six Seconds! ”**

- Veronica Barber, Chief People Officer

# REGISTRATION

See the current  
schedule and apply:

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

## Contact for Asia Pacific

Huong Vu, Program Manager

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

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

Accreditations - see page 14



**Registration fee: US\$1,720**

**Monthly pricing: US\$860**

Part 1: 4 months, includes Unlocking EQ, Brain Profiler Certification, Coach Cert Foundations, ABC eLearning + 4 group mentor coach sessions, plus 1 ACC coaching evaluation.

Part 2: 7 months, includes EQ Practitioner Certification, EQ Assessor Certification, Coach Cert Insights, Coach Cert Solutions, 1 hour of mentor coaching and 2 group mentor coach sessions, plus 1 PCC coaching evaluation.

**ANTIOCH  
UNIVERSITY**

## \* Certification requirements

The certification process is intended for individuals with the readiness and background to attain professional qualification following the standards of the International Coaching Federation and Six Seconds Standards of Practice: [6sec.org/kb/standards](https://6sec.org/kb/standards). EQ Coach certification requires completion of all 223.5 hours of learning (some absences can be made up one-to-one with an additional cost of \$150/hour), 100+ hours of independent coaching practice, 10 hours of mentor coaching, a case study and passing final practicum to demonstrate PCC-level coaching. One final evaluation is included in Part 2 within 90 days of course completion. Additional or later exams are \$250 each.

Certification requires adherence to the cert license: [6sec.org/certlicense](https://6sec.org/certlicense) & please note Six Seconds' cert renewal requirements: [6sec.org/renewal](https://6sec.org/renewal)

For International Coaching Federation requirements beyond the program (mentor coaching, experience hours, ICF fees) see <https://coachingfederation.org/credentials-and-standards/credentials-paths/>

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# EQ Coach OUTCOMES

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After completing the EQ Coach Certification you will be prepared to develop an effective practice as business or personal coach with expertise in the ICF Competencies, powerful EQ tools, and a structure to make coaching into a transformational process. One key differentiator of this program is the deep integration of emotional intelligence as a toolset for your clients, and even more, for the development of self as coach so you are more aware, present, and purposeful in this work.

EQCC is built with three strands woven throughout:



**Self-as-coach:**

Develop your EQ skills and coaching presence.



**Structured Transformational Coaching:**

Learn a framework to fuel positive change.



**Coaching Process, Tools and Techniques:**

Develop expertise in the ICF Competencies and EQ resources.





In total, the EQ Coach Certification includes over 220 instructional hours with hands-on training (even when online!) filled with laughter and learning, plus in-depth eLearning and meaningful project work.

## **EQCC OUTCOMES**

- Increase awareness and skill to be the best possible coach.
- Align your awareness, presence and purpose as the foundation for effective coaching.
- Effectively structure coaching sessions.
- Build a coaching program that measurably improves performance.
- Apply coaching competencies, procedures, and tools to support clients to grow.
- Build your coaching practice in an effective way.

And you'll feel inspired and empowered as a coaching change maker, and connected to a community of EQ coaches and practitioners.

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# EQ Coach ACCREDITATION

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Take your coaching higher through  
Six Seconds' partnerships.

## Antioch University

Graduates of Six Seconds EQ Coach Certification are invited to transfer to the Online Graduate Management Programs to earn an MBA, MA in Nonprofit Management, or Masters Human Services Administration. You'll bring nine semester-units to AU, taking you through almost a third of the way to your degree (33 units).



Why?

**Valuable.** Gain added knowledge, skill, and credibility.

**Purposeful.** Antioch University is known for a deep commitment to social justice and a better world. The Antioch programs and community will support you as a changemaker.

**Flexible.** 100% online, reasonable priced, and asynchronous to make the programs widely accessible.

**Credible.** Antioch University has been in continuous existence since 1852 and has been continuously accredited by the Higher Learning Commission since 1927.

For additional details on this partnership, including the doctorate in education with SEL specialization (EdDxSEL), visit [6sec.org/au](https://6sec.org/au)

## International Coaching Federation

EQCC is an ICF "Level 2" program with 223.5 hours of credit – enough to earn Master Coach Certification status. As an L2, graduates complete their demonstration of competence directly with Six Seconds for an expedited process of earning Associate or Professional coach certification from ICF. IMPORTANT NOTE: ICF has granted permission for a "L1 Add On Accreditation" which is pending as of Oct 1, 2023.



## More

Six Seconds is an accredited provider for SHRM Recertification and CA Board of Behavioral Sciences; see [6sec.org/accred](https://6sec.org/accred)

# EQ Coach

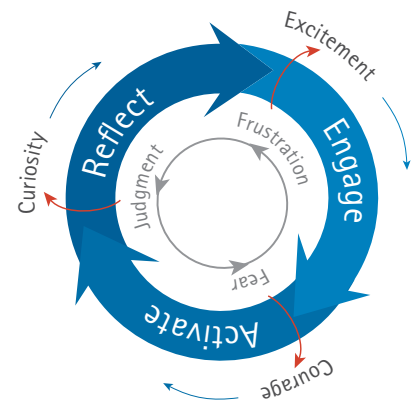
## KEY CONCEPTS

Six Seconds; Certified EQ Coach program is uniquely powerful because of the robust models and methods that coaches are able to use through this training.

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### The Change MAP

This model articulates change as an iterative process blending the rational stages of growth with the emotional drivers that make change fail or succeed. Six Seconds' Change MAP provides a framework for designing and delivering coaching as a transformational process.



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### The Six Seconds Model

A process framework for putting emotional intelligence into action, the model includes three key steps, or “pursuits” that coaches need for themselves - and their clients:

- Increase self-awareness (“Know Yourself”)
- Respond instead of reacting (“Choose Yourself”)
- Align your choices with your long-term purpose (“Give Yourself”)

Within these three areas are eight practical competencies that serve as tools for using EQ in our daily lives.



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### The Six Seconds Coach Framework

Visually depicted as the EQ Coach Wheel, this framework recognizes that the coach’s emotional intelligence is of paramount importance in effective transformation. Change starts on the inside, so coaches need to develop their own skills to be more aware, more intentional, and more purposeful.

The next stage of the framework are the three essential skills of coaching: Listen, Ask, Connect. By using these skills effectively, coaches build their clients’ insight and commitment to action.

The final ring shows the goals. Clients need to match up what they do, how they’re doing it, and why. This allows them to operate with true integrity, putting their actions, intention, and purpose into alignment.



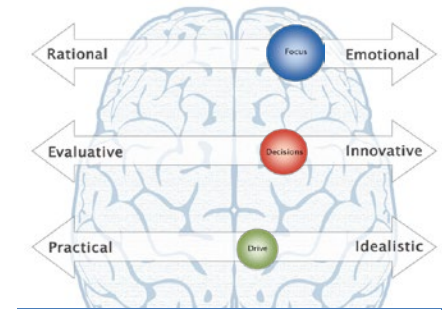
# EQ Coach

## KEY TOOLS

Six Seconds' tools are scientific, global, and transformational, combining a robust research base, 20 years of proven experience, numerous cases and studies, and practical applications.

### EQCC includes training in the Brain Profiles -

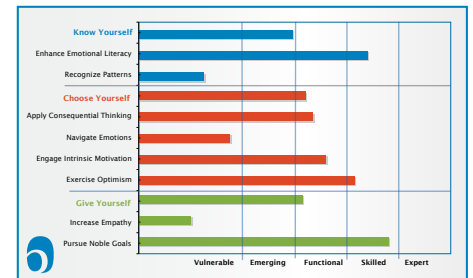
Brain Brief Profile  
Brain Talent Profile  
Brain Discovery Profile  
Dashboard



### EQCC includes certification in the SEI Assessment -

EQ Leadership Report  
EQ Development Report  
Group Development Report  
SEI Youth Report\*  
SEI 360 Assessment\*

\*add-on certification  
for additional fee




**“I’ve been studying EQ for a number of years and in fact, became certified in the EQ-I Assessment more than 10 years ago. I began looking for a robust EQ system that I could fully integrate into our organization’s leadership development program, as well as enhance my coaching experience. After about 6 months of research, I chose Six Seconds.**

**I found the Six Seconds EQ Model to be thorough, easy to understand and well grounded in solid research. Their resource library and support personnel are extremely knowledgeable and responsive and the way they melded their EQ model into the International Coaching Foundation credentialing is outstanding. Lastly, being a member of Six Seconds Global Community provides a valuable insight into different cultures and approaches to applying EQ.**

- Rick Smith, Chief Administrative Officer, Vail Health





**“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



“

The breadth and depth of the course exceeded my expectations! The perfect blend of practicality and inspiration.

- May Duong



“

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

Kevin Herft,  
Management Trainer,  
Qatar Airways



# 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, non profits, schools, and community organizations choose Six Seconds’ tools and methods because of the global relevance, strong scientific basis, and practical application.

