



# The EQ Coach Certification

Step 1 EQ Core | Step 2 CCF | Step 3 CCI  
Step 4 CCS



## EQ Coach Certification

Powerful Coaching

"I researched many ICF Coach Certification programs and selected EQCC because of the learning model and depth of in-person training. While not the least expensive, learning together in this community is Priceless!!"

-Sheri Willis, M.A., certified EQ Coach



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

Donna Lewis, ACC, AECOM

## Why EQCC?

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.

Essential Elements	EQCC	Others
In-depth training	165+ hours!	?
Extensive in-person practice & supervision	✓	?
Tools for assessment, development	✓	?
Related curriculum for ongoing growth	✓	?
Help getting clients	✓	?
Process for business development	✓	?
Ongoing supervision & support post-course	✓	?
Community of highly engaged mentors and allies with a shared methodology (aligned to your training)	✓	?

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.

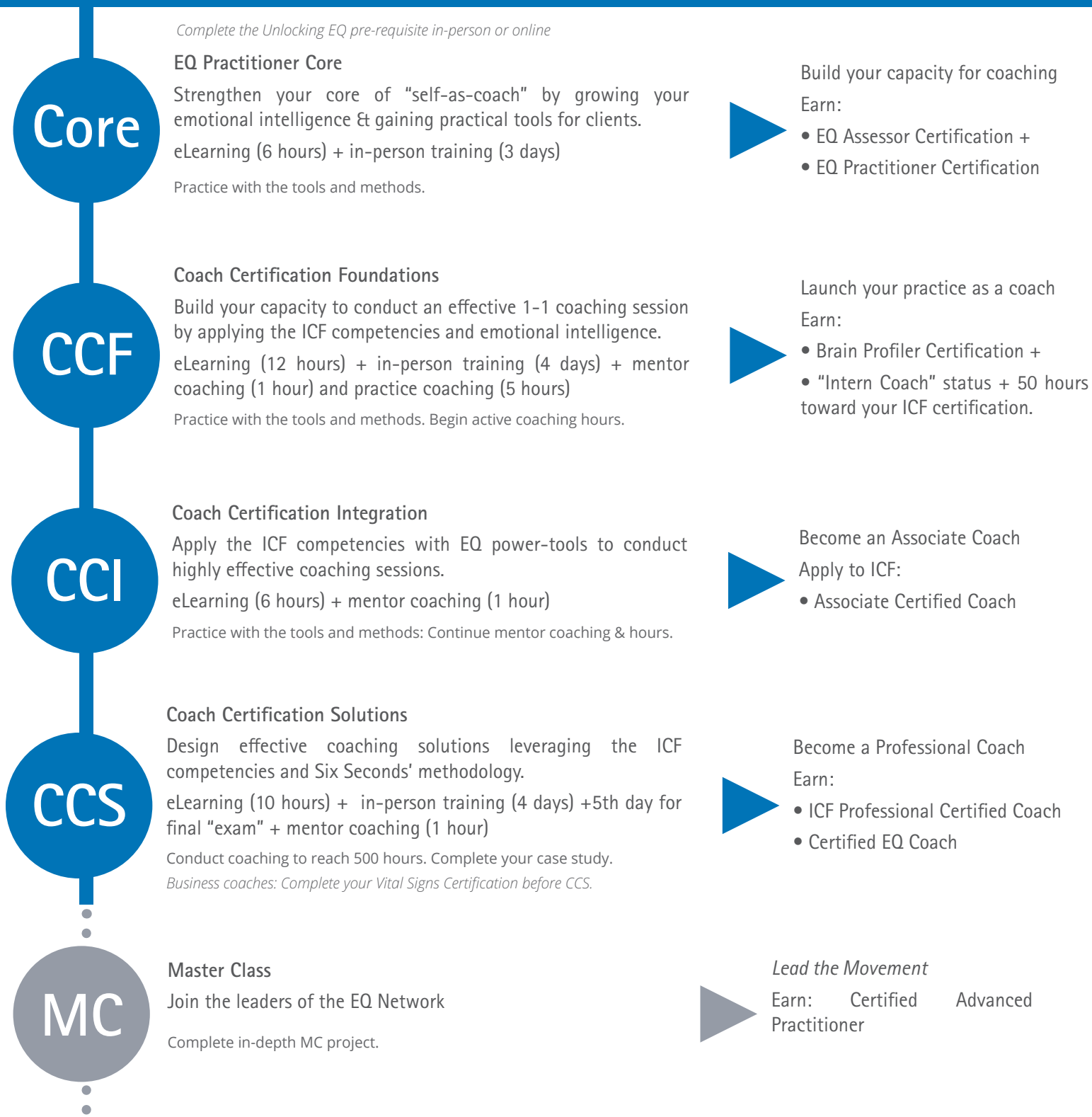
The breadth and depth of the course exceeded my expectations! The perfect blend of practicality and inspiration.

May Duong

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

Solafa Baterjee, CEO, Dorooob

## Certification Pathway





Six Second provides great tools to help people recognize their strengths and make a positive transformation in their personal and work lives

Swetha Reddy, Founder, Kaizen Chennai

## Why Attend?



### 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.

### When & Where?

See upcoming program dates:

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

### How?

See the schedule and apply: [6sec.org/events/cc](https://6sec.org/events/cc)

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

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 200 instructional hours via twelve days of hands-on training filled with laughter and learning, plus in-depth eLearning and virtual online training.

You will learn to:

- 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.

EQCC is approved by the International Coach Federation as an Approved Coach Training Program (ACTP) for 165 hours. On completion of the course and ICF required practice, you can earn ACC or PCC Coach accreditation.

You will earn professional certifications from Six Seconds, ultimately leading to the prestigious "Certified EQ Coach" advanced certification.

A course which is a wakeup call into "why we do what we do."  
An experience to be cherished and shared with the world.

Conrad John, L&D Lead Specialist, Fedex

## Models and Methods

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.

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.

### 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.

### 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 need:

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.

### The Six Seconds Coach Framework

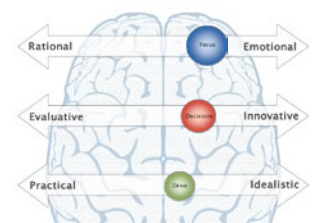
Visually depicted as the EQ Coach Wheel, this framework recognizes that the coach's emotional intelligence is of paramount importance in effective transformation. Change starts on the inside, so coaches need to develop their own skills to be more aware, more intentional, and more purposeful.

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.

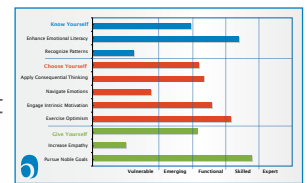
### EQCC includes training in the Brain Profiles -

Brain Brief Profile  
Brain Talent Profile  
Brain Discovery Profile  
Dashboard

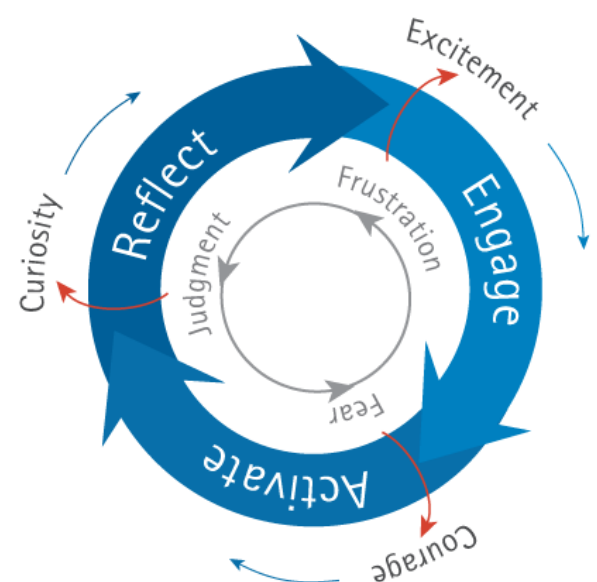


### And certification in the SEI Assessment -

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



\*add-on certification  
for additional fee



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

EQCC Lead Facilitator: Marilyn Jorgensen, MCC

Six Seconds Master Trainer & ICF Coach

Marilynn is an accomplished coach, consultant and educator with over 30 years of experience in learning and emotional intelligence. Her work supports transformational change through increased self-awareness, enhanced ability to make powerful choices and the development of a purpose-driven future. Contact her via [marilynn@6seconds.org](mailto:marilynn@6seconds.org)

EQCC Program Supervisor: Joshua Freedman, MCC

Six Seconds CEO & Cofounder

Bestselling author, speaker and EQ champion, Josh helps lead the world's largest community of emotional intelligence professionals. Coauthor of seven psychometric tools including Organizational Vital Signs and SEI Leadership, he translates cutting edge science into transformational learning. Join him on Twitter @EQjosh

## Registration

**Schedule & application** for Core: [6sec.org/events/core](https://6sec.org/events/core) | EQCC: [6sec.org/events/cc](https://6sec.org/events/cc)

Discounts:

Package of CORE + CCF + CCI; enroll at once and save 10%

Early registration, 10% discount (30 days in advance).

### CORE EQ Practitioner Certification

DEPTH | Step One

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

Registration includes UEQ virtual + PC in person + AC blended with pre and post-course learning, in-person training (24-40+ hours), materials, EQ Assessor account with credits for 5 practice reports, participant binder, plus lunches and break service. US\$4,785 (varies based on options you select for in-person vs virtual)

### CCF EQ Coach Certification

FOUNDATIONS | Step Two

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

Registration includes the pre and post-course learning (12+ hours), in-person training (32 hours + 6 hours homework), 1 mentor coaching session, materials, EQ Profiler account with credits for 10 practice profiles, participant binder, plus lunches and break service; includes Brain Profiler Cert (\$270 value): US\$2,495

### CCI EQ Coach Certification

INSIGHTS | Step Three

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

Registration includes 1 mentor coaching session, eLearning (15 hours) online meetings (8 hours). In addition you will be working in small learning groups to support one another with projects and reading lists assignments (homework requires approximately 20 hours). US\$1,295

### CCS EQ Coach Certification

SOLUTIONS | Step Four

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

Registration includes the pre and post-course work (12 hours), in-person training (32 hours plus 6 hours homework), materials, 1 mentor coaching session, 5 observed coaching sessions, 1-1 "exam," case study feedback and final review. Lunch and break service provided. US\$3,295

#### Contact...

For registration and questions:

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or

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To discuss the content & if it's the right fit for you, please contact Marilyn Jorgensen <[marilynn@6seconds.org](mailto:marilynn@6seconds.org)>

Tel: 805.452.7330

#### More Savings

ICF requires 10 hours of Mentor Coaching. For this program, a select group of Mentor Coaches provide this service at significantly discounted rates.

In addition, for ACC certification, participants will need to complete 100 hours of coaching practice (75 must be paid) and Six Seconds will help get these clients through our projects.

#### Certification Requirements

Participants must attend full course, complete all course requirements and demonstrate competence to earn certification, within 90 days of start of each section of the course. Please see [6sec.org/certlicense](https://6sec.org/certlicense) for terms of certification including renewal process to stay current.

I love having the EQ tools in my coaching practice. I was amazed at how quickly these tools helped to promote awareness and change in behaviour. – Kelli Schulte, Leadership & Life Coach, CrossRoad Coaching

## 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

