

# Core Tools & Methods to Increase EQ

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

"A best-in-class process to bring EQ concepts to life..." - Cynthia Ng, SVP Learning and Development HSBC

## Core Part 1: Unlocking EQ

Dive into Six Seconds' powerful methodology and learn why, what, & how emotional intelligence works.

## 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.

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

James Dewar, Director, RMD Kwikform

## Certification Benefits

Six Seconds’ core certifications equip you with an in-depth understanding 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 large range 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.

Core includes 75 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 have access to a range of development tools in our Certified Library for yourself and clients, and can purchase and use the best-in-class EQ assessment, SEI -- as well as a wide range of supporting tools and curricula.

Coaches: Core is part of our Approved Coach Training Program (49 hours) and accredited by ICF for CCEs.



### About Six Seconds’ Virtual/Online Methodology

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.

If you enjoy sitting & staring at a screen & 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.



"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

## See the schedule & apply:

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

### Pricing for **Online/Virtual**:

Part 1: Unlocking EQ: US\$ 195

Part 2: EQ Practitioner: US\$ 2395

Part 3: EQ Assessor: US\$ 1295

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

Part 1: Virtual Unlocking EQ: US\$ 195

Part 2: EQ Practitioner: US\$ 2695

Part 3: EQ Assessor: US\$ 1895

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

## 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, plus plan and implement a project to demonstrate competence with the methods and tools within 7 days post-course and follow the terms of certification – please see: [6sec.org/certlicense](https://6sec.org/certlicense)

Please note the annual renewal requirements, including 12 ACE units. For details on renewal, see [6sec.org/kb/ace](https://6sec.org/kb/ace)

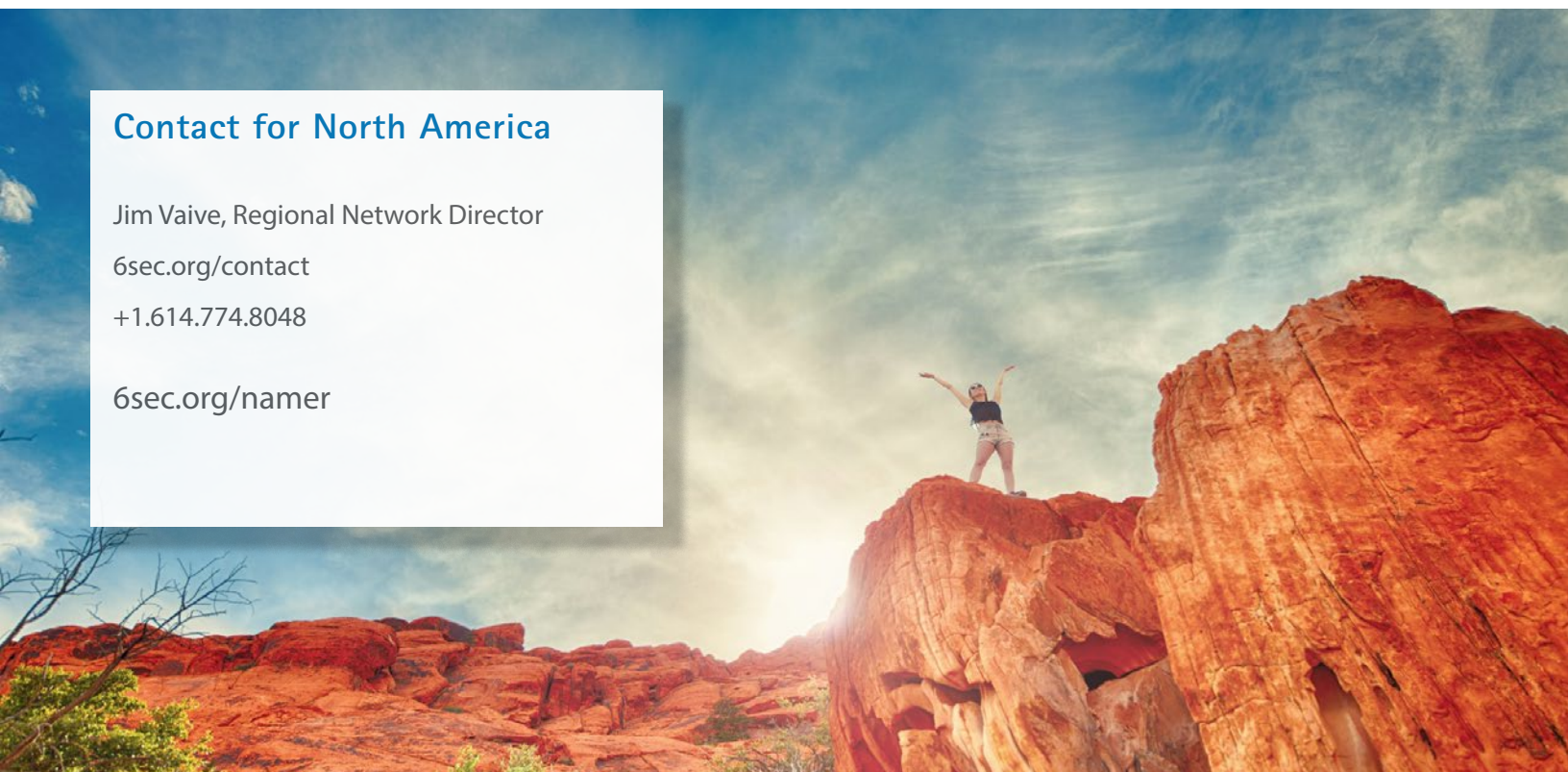
## Contact for North America

Jim Vaive, Regional Network Director

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

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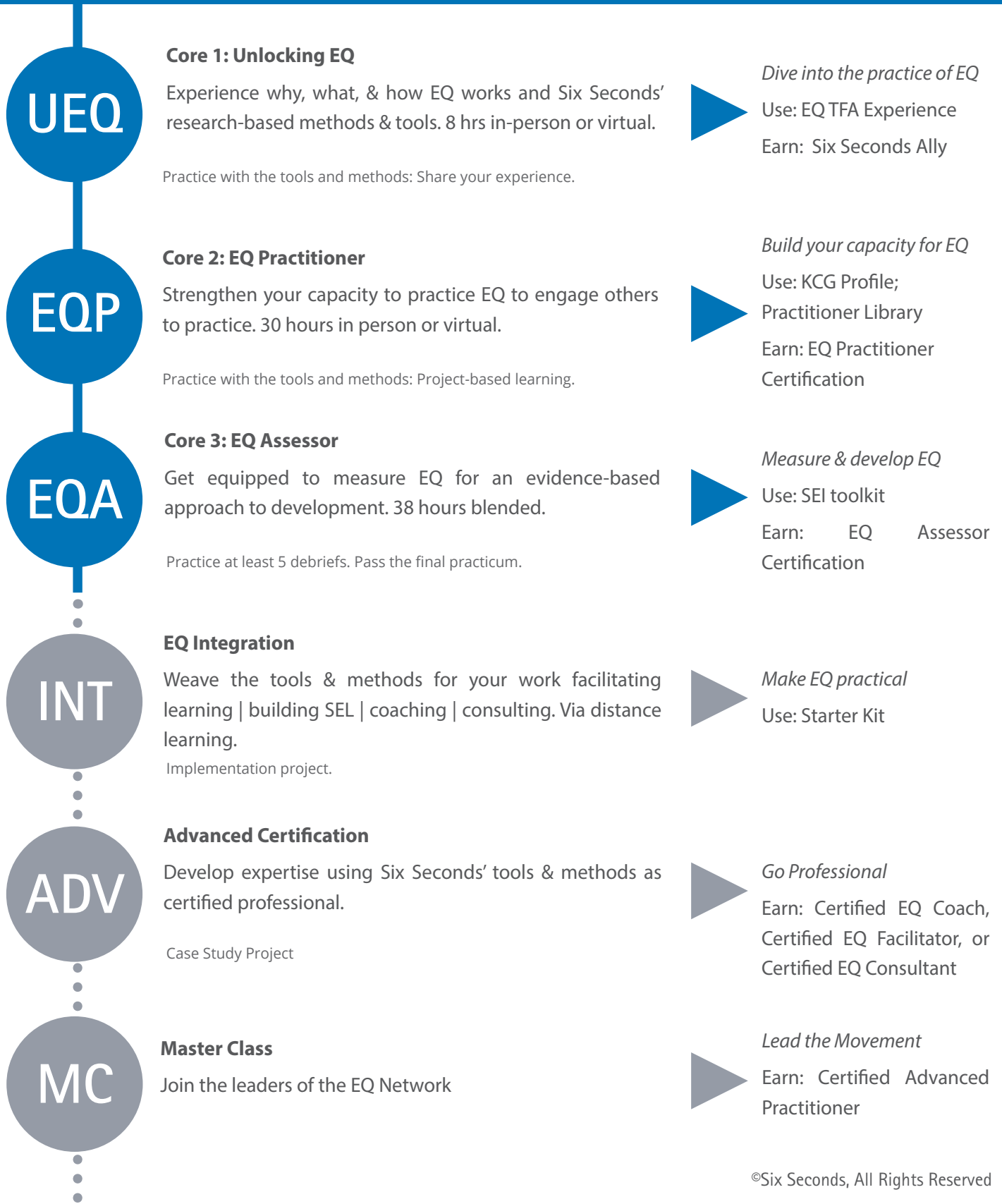
[6sec.org/namer](https://6sec.org/namer)



"One of the best programs that I've even taken. I learned a great deal about EQ and gained valuable tools to apply 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

## Core Part 1: Unlocking EQ | [6sec.org/cert/ueq](https://6sec.org/cert/ueq)

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 and to use EQ to solve specific challenges.

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.

Unlocking EQ is the first step in all of Six Seconds’ powerful range of certification courses. See [6sec.org/cert](https://6sec.org/cert)



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.

"EQ is crucial for business development and yet in nearly 30 years of working in corporates, I have never had EQ explained, demonstrated and presented in this most engaging fashion. A superb facilitator who shared abundantly.

This is truly the BEST program I've attended in 20 years."

Joni Peddie, MD of Bizcomm Group & Lecturer, Gibbs Business School, Johannesburg, South Africa

## Core Part 2: EQ Practitioner [6sec.org/cert/pc](https://6sec.org/cert/pc)

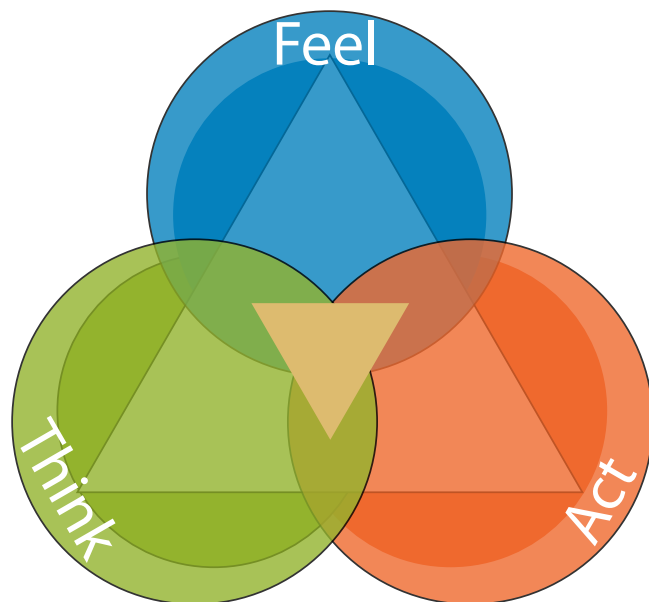
This certification follows Six Seconds' Know Yourself, Choose Yourself, Give Yourself model for learning to develop and apply emotional intelligence. Participants experience an EQ learning environment and a range of effective tools and processes that strengthen emotional intelligence.

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.

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

*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.*



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

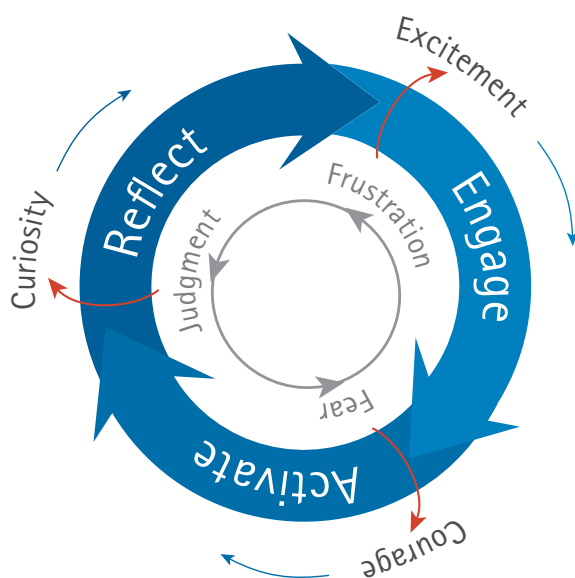
Kevin Herft, Manager, Cabin Services Training, Qatar Airways

## Core Part 3: EQ Assessor | [6sec.org/cert/ac](https://6sec.org/cert/ac)

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.

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



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

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.\*



“One of the very best tools to develop yourself as a leader, a parent and in life”

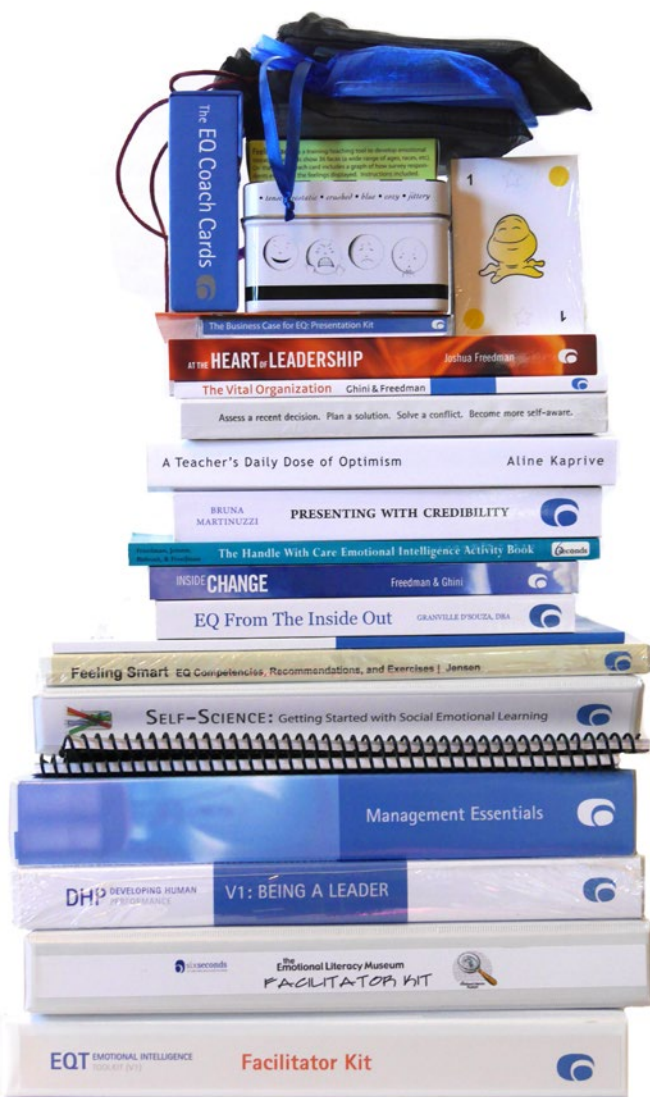
Nehad Tadros, Global Director of Leadership Development and Coaching, Aramex, Dubai, UAE

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 the CORE certification 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, aps, 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.



“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

## 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.

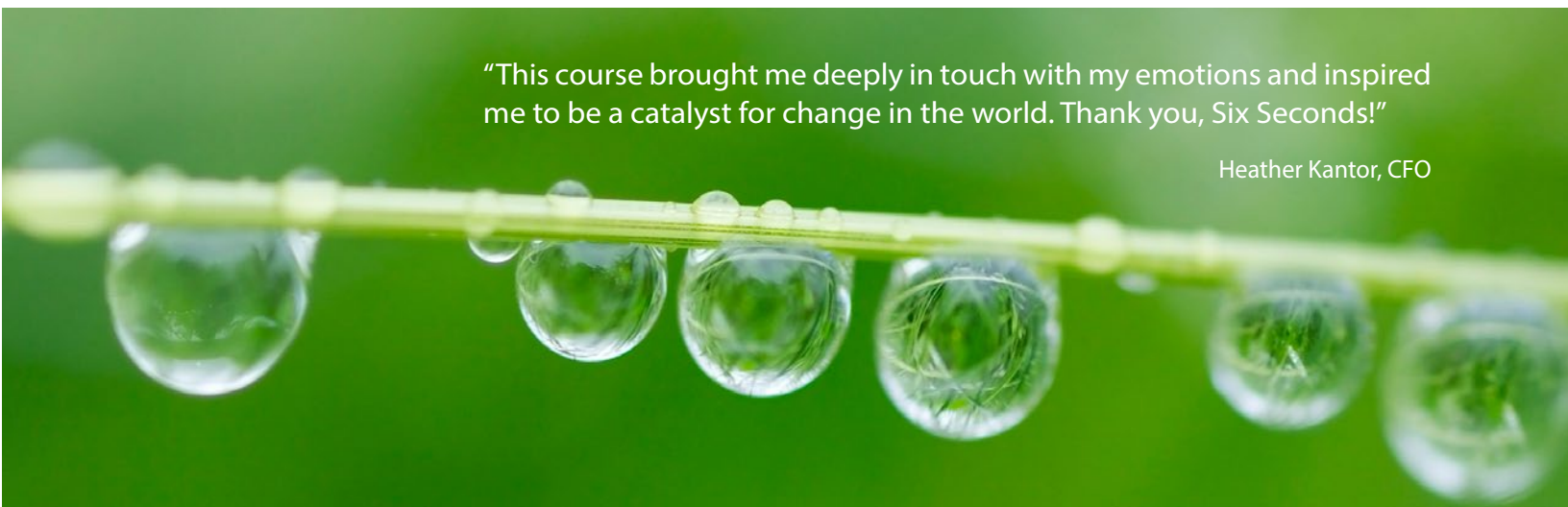
Learn more:

[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



"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](http://www.6seconds.org/certification)

### Advanced Certifications

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

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#### 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

ADV

#### Advanced Certification

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

EQ Coach

EQ Consultant

EQ Facilitator

MC

#### Master Class

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