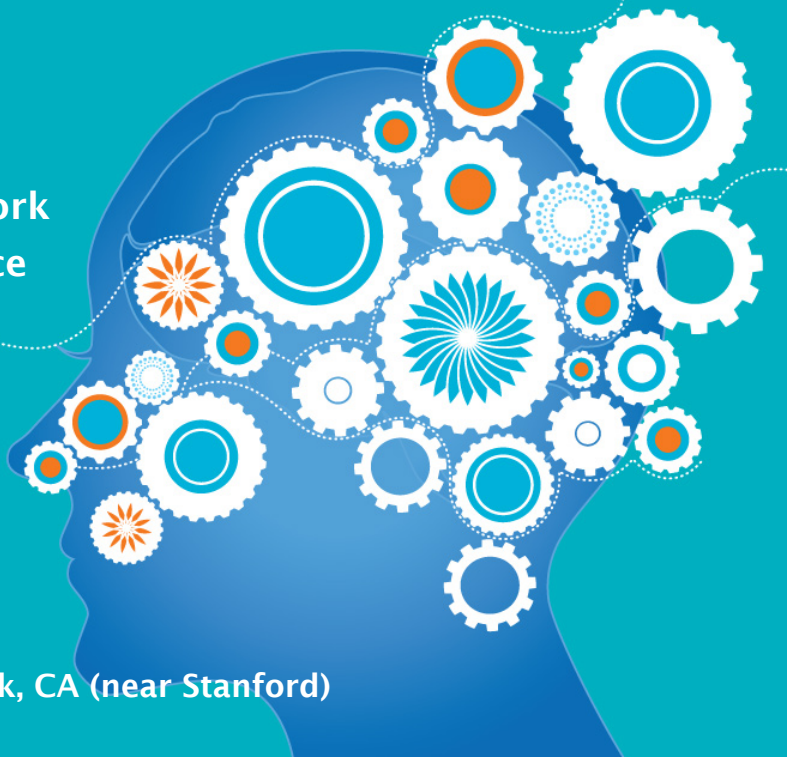


Living EQ

The 2010 EQ Network
Regional Conference

October 8-9, Menlo Park, CA (near Stanford)



EQ is the critical missing ingredient that unlocks human performance at work, at school, and in our communities.

This is a “peer to peer” conference where members of the Six Seconds EQ Network and others interested in EQ join together to share successes in bringing EQ to life, school, and work.

In each session practitioners share an EQ tool or process and how they've used it - so participants **experience** ways that powerful EQ tools are used with a wide range of audiences.

Take Away

New clarity about how and why to develop EQ.

Practical examples of EQ implemented in different sectors.

Increased depth of understanding Six Seconds' model, tools, and learning methodology.

Recession buster special... registration is free, donate what it's worth. All proceeds go to teaching & researching EQ skills for children with Autism/Aspergers.

Registration and information on www.6seconds.org/conference

Living EQ

Preconference – Social-Emotional Learning in Action – October 7

Immerse yourself in innovative learning at Synapse Institute, Six Seconds' lab school for gifted/talented children and learn about social-emotional learning, gifted education, and bringing learning alive!

Day 1 – Friday, October 8

8:30-9:00	Registration		
9:00-10:00	Welcome: Anabel Jensen & Joshua Freedman, INSIDE CHANGE		
10:00-10:30	Networking & Tea		
10:30-12:00	Stop...You're Under Arrest for Emotional Hijacking (Wanda Townsend)	Growing an Emotionally Intelligent School Culture (Susan Charles)	Bringing EQ Alive in the Classroom (Marsha Rideout)
12:00 - 1:30	Lunch		
1:30 - 3:00	Faster or Better: EQ @ Fedex (Jimmy Daniel)	Q&A	Coaching Teachers for EQ: The SEI-YV Group Report (Alex Russell & Debbie Havert)
3:00 - 3:30	Networking & Tea		
3:30 - 5:00	Emotional Intelligence - A Biblical and Philosophical Perspective (Toney Olten)	Transformational Coaching Through EQ (Marilynn Jorgensen)	Sustaining EI: Building a Community-wide Collective of Allies (Amy Franklin)
5:00 - 5:30	Closing		
6:00 ->	Bar-B-EQ – all conference attendees and friends welcome (dinner is \$25 per person)		



Living EQ

Day 2 – Saturday, October 9

9:00-12:00 (in depth session)	Learning Together from our Exceptional Six Seconds Experiences (Colette Herrick)	Samurai EQ: A Somatic Experience of Emotional Intelligence (Bob Bates)	Creating a Performance Culture: SEI with Leadership Teams (Jayne Morrison)
12:00 - 1:30	Lunch		
1:30 - 3:00	A Climate of Trust in a Forensic Mental Health Facility (Shabbir Latif)	Intersections of Socio-Emotional Skills and Meaningful Academics (Barb Fatum)	Lights! Camera! Emotion! (Diane Blair)
3:00 - 3:15	Tea		
3:15 - 4:30	EQ for Conflict Resolution (Ian Gregory & Karen Redieske)	Spreading SEL in the Peninsula and Beyond (Susan Charles & Joshua Freedman)	EQ Training as an integral part of Whole Person Education for University Students (Johnston HC Wong)
4:30 - 5:30	"Town Hall" meeting: Spreading Positive Change		

Post-Conference – Advanced EQ Trainer Certification

October 11-14 -- Supercharge your training and teaching by increasing skill with Six Seconds' learning methodology. This is a practical "learn by doing" program for graduates of Six Seconds EQ Certification program to become stronger, clearer, and more effective in training and teaching.



Session Descriptions:

Friday, October 8, 10:30-12:00...

Stop...You're Under Arrest for Emotional Hijacking

In the field of law enforcement, emotional hijacking is a common occurrence especially when dealing with a dangerous situation. Police officers may be faced with an alleged offender pointing a weapon at them; the officer's first response may be to shoot, out of fear, thus a perfect example of emotional hijacking. By providing an understanding of how the brain functions under times of stress and on a daily basis, when faced with such a challenge, this information could serve to prevent such emotional hijacking situations from becoming a police tragedy.

However, you don't have to be a police officer to be emotionally hijacked. In this session we will learn how to navigate our emotions by:

- Becoming more aware of triggers that can create a negative emotional reaction.
- Learning tactics to manage one's own mental state during stressful situations.
- Being more attentive to the impact of daily emotions on long-term moods and attitudes toward colleagues and others.

The presenter is Wanda Townsend (Seattle, USA), a Federal Law Enforcement Officer and Founder of Townsend Innovative Solutions.

Growing an Emotionally Intelligent School Culture

Brain research shows that all learning passes through our emotional filters, so EQ and IQ are interconnected. Achievement will not occur without both. While more and more leaders see that schools can no longer ignore the importance of EQ, the question remains: How do we integrate EQ into our schools?

We can start by considering the human experience. A group of children and another group of adults spend the most active and lively hours of their day together. How does each approach that task? Concerned (and often stressed)



Living EQ

parents entrust their precious children to this place each day. Are all these people excited about the possibilities each day will bring? Or is 8:30 am a scary event 180 days of the year?

In an EQ school these questions are asked and answered bravely and with enthusiasm. In this session we'll take a step on that journey, guided by the Six Seconds Model to ask how we Know, Choose, and Give ourselves as educational leaders.

Susan Charles is a Six Seconds Senior Consultant. She works with schools, parents, and other educational clients to create healthy and growth promoting communities. She has been a teacher, counselor, administrator, and principal for 30+ years.

Bringing EQ Alive in the Classroom

Explore exciting, reflective, and useful hands-on and stand-alone EQ lesson modules for the elementary and middle grades. Designed and facilitated by Marsha Rideout, these lessons feature the eight competencies of the Six Seconds EQ framework. The lesson activities include *Fishing for Feelings*, *That's Not Fair*, *My Volcano Inside*, *Singing the Blues*, and *What Me Worry?*

Marsha Rideout is the Dean of Students and Self-Science teacher at Synapse Institute (the Six Seconds lab school) and part of the founding team that launched Six Seconds in 1997.

Friday, October 8, 1:30-3:00...

Faster or Better? Introducing EQ at FedEx

The FedEx culture has to go fast – our business is built on consistent, rapid results. At the same time, we need people who are great with people to maintain true commitment. Sometimes those two imperatives collide... But they don't have to. In the last five years, we've introduced emotional intelligence in several programs to show growing managers how to build great teams and to lead. Not only faster, but also better.

In this session you'll experience how we're now introducing EQ to managers as we set up before debriefing their SEI results. You'll play the part of a group of quick-moving, results-oriented managers, and we'll see how you respond to what may be the first time you've been told to stop and notice the power of



Living EQ

feelings.

Jimmy Daniel (Memphis, USA) is a Senior Management Facilitator at the FedEx Global Learning Institute. He's been with FedEx for 28 years both in operations and leadership development.

Coaching Teachers for EQ: The SEI-YV Group Report

How do teachers assess their students' emotional intelligence? How can they apply this insight? Using case studies, participants will explore the Six Seconds Emotional Intelligence - Youth Version, and consider how the Group Report informs their understanding of a class. Participants will explore ways to identify future work by blending group results with individual reports.

We will specifically emphasize the ways results can be customized for a specific classroom environment determined by the goals and strengths of the teacher, the students, and the group as a whole. In addition, we'll discuss ways to supplement the classroom work with outside resources and teachers will learn about follow up exercises that maximize positive benefits of the reports.

Alex Russell and Debbie Havert are Program Managers at Six Seconds who support the integration of EQ and social-emotional learning in schools and organizations.

Friday, October 8, 3:30-5:00...

Emotional Intelligence - A Biblical and Philosophical Perspective

The Bible and other teachings from the world's greatest philosophies provide powerful insights into people — perspectives that re-enforce key ideas of emotional intelligence. In this presentation we'll explore the KCG Model and the stories and teachings of great spiritual philosophies, both eastern and western (ie, the shared wisdom rather than a specific religious dogma). This presentation will provide a perspective of how The Bible, philosophy and emotional intelligence converge in their prescription for sustained happiness, personal fulfillment and effectiveness in relationship, including our service to others.

Toney Olton (Barbados) brings a rich background of training and management experience to his seminars and workshops. He is a certified teacher trainer,



Living EQ

manager, facilitator, and Six Seconds associate, and has extensive experience in both training/education and in management.

Transformational Coaching Through EQ

Coaching is a fabulous process for supporting change and the transfer of learning. So we're including coaching whenever possible in Six Seconds' programs. We've developed powerful methods for making coaching an efficient, effective process that supports people to move from awareness into action... And then to transformation. First we're working with clients to succeed in applying their learning and reaching a goal — but the deeper learning is to equip them to sustain and spread the change. To become change agents themselves by providing the knowledge and skills to strengthen their emotional intelligence.

In this session you will:

- Explore coaching case studies and identify best-practices for supporting these clients
- Test out a method for planning a coaching intervention using Six Seconds' process
- Consider ways to bring your training, consulting, and teaching to a higher level by using the principles of Six Seconds coaching

Marilynn Jorgensen is a Six Seconds Master Trainer and Certified Coach. She works with business, government, and educational clients world-wide to build the EQ skills that create a context for optimal performance and truly healthy relationships. She brings 25 years of experience as a business owner and expert in early childhood development and family therapy.

Sustaining EI: Building a Community-wide Collective of Allies

Several years ago we began to pursue two audacious questions: What if EVERYONE in the community who interacts with children had a shared vision, vocabulary, and tools for talking about feelings? What if EVERY child in the community learned key EI skills before finishing high school?

We knew this would require involving and training many people, but we didn't fully understand the challenge of creating a community of EI allies to generate self-sustaining momentum. Over the years, a community of practitioners has



Living EQ

developed, and while the project requires care and feeding, this group now generates energy and drive to sustain the effort, taking the core skills and concepts into arena unimagined.

In this session we will discover the essential ingredients to spreading EI in the community, and each participant will identify her/his community of EI allies to sustain the initiative creating a “who’s who” map of potential allies. We’ll consider three important steps, each tied to an EQ competency:

- Acknowledging your own skills and preferences to understand your place in the group (Recognize Patterns)
- Nourishing the allies’ commitment (Engage Intrinsic Motivation)
- Illuminating the “ripple effects” of how this work can spread and grow (Pursue Noble Goals)

Amy McConnell Franklin, Ph.D. (New Mexico, US) is a Senior Consultant for Six Seconds, author of the Choose to Change EQ curriculum, and an advocate for co-creating a compassionate community.

Saturday, October 9, 9:00-12:00 in-depth sessions...

Creating a Performance Culture: SEI with Leadership Teams

To introduce EQ for operational leadership teams, it’s essential for them to “get” the link between their individual EQ performance and the results they create.

The SEI is a perfect tool for framing this need and facilitating the invaluable “aha!” when leaders connect the dots between their how they show up and how their people perform.

In this session you’ll play the role of an organizational leader and together we’ll go through a process for you to understand your own people-leadership skills.

You’ll identify how you can build on strengths (and handle weaknesses) to fuel a high performance culture. We’ll use the SEI as a springboard to consider people-strategy and the overall organizational climate — just as we promise leaders in these sessions, you’ll walk away with new clarity about your own leadership and how to take it higher. [Note: you’ll need your SEI profile, so if you have not taken it recently, contact Yoshimi for a code, and be sure to bring your report.]

Jayne Morrison is the Regional Director for Six Seconds Middle East. She leads organizational consulting and training programs utilizing EQ as a framework for unlocking value and performance. Jayne comes from the hospitality sector



Living EQ

and has extensive experience in learning, organizational change, service, and building world-class teams.

Learning Together from our Exceptional Six Seconds Experiences

In a highly engaging and interactive format using the process of Appreciative Inquiry, we'll learn from and with each other as we explore high points working with the Six Seconds Model. Appreciative inquiry is a highly articulated philosophy and a practical facilitation method that focuses on asking questions and envisioning the future in a collaborative way; the process builds on the strengths and goodness of people, situations and organizations.

Through stories of high point experiences with the Six Seconds Model in our work and lives, we'll discover our positive core of strengths as practitioners. In our diverse roles as consultants, leaders, managers, educators and more we'll envision our individual and collective future with Six Seconds and ways to put that vision into action. Plan to have fun, expand possibilities and experience a sense of awe and wonder towards the people you meet in this session!

Colette Herrick (Utah, USA), executive coach, organizational consultant, speaker and author is dedicated to contributing to positive change. She combines strategic insight with a passionate commitment for evolving leadership at every level and building high-performance teams through strengths-based approaches. She works predominately, though not exclusively in the medical, legal and corporate sectors.

Samurai EQ: A Somatic Experience of Emotional Intelligence

The Samurai were fierce warriors who controlled Japan for more than seven centuries. Their lives were defined by honor, loyalty and self-sacrifice and they were superb examples of living life fully engaged. The Samurai were strongly encouraged to fully embrace their emotions as way to not just win in battle, but to succeed in life.

In this session, we will explore conscious embodiment principles based on the practice of mindfulness and the Japanese martial art of Aikido, deepening your understanding of the Six Seconds KCG model with a series of fun and insightful somatic exercises.

Some of the topics we will explore include:



Living EQ

- Cultivating center during periods stress and how to use the wisdom of your body to avoid an emotional hijack
- Somatic patterns that appear during conflict and how you can adopt a posture that allows for more inclusive, empathetic and collaborative discussions
- The 3 dynamic centers in your body that can help you make more informed, compassionate and confident decisions while uncovering your true intrinsic motivation
- How to develop a conscious embodied state of leadership presence that will help you advocate more confidently for your noble goals

Bob Bate's (California, USA) passion is to help people uncover their unique talents and strengths so they can be fully engaged in all aspects of their lives. With an 18-year career in Marketing and IT for Fortune 500 companies such as Hewlett Packard and Nortel Networks, Bob has developed a proven instinctive approach that helps his clients engage mentally, physically and emotionally. He holds an MBA and BS Degrees in Management and Marketing. Bob is a certified Wellness Coach, Kolbe Consultant™, and Six Seconds Emotional Intelligence (SEI) Leadership Development Consultant. A Black Belt in the Japanese martial art Aikido, he frequently uses a body-centered approach to help his clients learn how to increase focus, reduce stress and build leadership presence.

Saturday, October 9, 1:30-3:00...

Intersections of Socio-Emotional Skills and Meaningful Academics: Qualitative Graphing of Students' Successes and Issues.

What makes learning truly powerful, and how do we know? At Synapse Institute, Six Seconds' lab school for research and development, the team has experimented with tracking various methods of instruction that are brain-based, emotionally rich, and meaningful. In this interactive session participants will explore the data and experience different approaches to learning design.

Barbara Fatum is the Director of Research & Learning Specialist and Gigi Carlson is the Chief Program Officer of Synapse Institute – an exceptional school where gifted students grow in mind and heart. Anabel Jensen is the President of Six Seconds and the CEO for Synapse.



Living EQ

A Climate of Trust in a Forensic Mental Health Facility

The Organization Vital Sign (OVS) survey determined a very distrustful climate at the mental health facility inside a state prison. Many of the staff were afraid to take part in the survey for the fear of retaliation. With the support of the Program Director the process of improving climate has begun.

The participants will learn:

- Unique challenges of mental health facility inside a prison that influences “climate”
- A process of engaging people towards a solution based on 6 Seconds’ EQ and Inside Change models
- Some ideas on how to establish a grass root momentum that would continue to develop into a culture of trust.

Shabbir Latif (Salinas, USA) is a Six Seconds’ Level 2 certified associate and also a Rehab/Recreation Therapist at a mental health facility inside a prison. Shabbir will present his experience in trying to apply his learning of Emotional Intelligence theory and the process of improving trust in a real life situation.

Lights! Camera! Emotion!

Movies and videos sequences can illustrate key learning points about emotional intelligence competencies and provide a discussion platform to deepen learning. Fictional references to real life experience can open lines of communication and provide another way to initiate ideas and expand understanding.

In this session we’ll deepen our experience of empathy by practicing on actors. What is it about movies that allow us to empathize? Is empathy something we share based on our previous experience? If so, then how is it that a movie can elicit such powerful empathetic responses? How can you best use clips to warm up a group and quickly create openness and engagement?

Diane Blair (Calgary, Canada) has been improving organizational communication and effectiveness for over 15 years. Her workshops, keynotes and coaching sessions have been delivered in Canada and the US to small and large corporations, not-for-profit organizations, education institutions and other trainers.



Living EQ

Saturday, October 9, 3:15-4:30...

EQ for Conflict Resolution

This innovative presentation uses emotional intelligence competencies to help you navigate the murky waters of conflict resolution, showing you the importance of six second tools to assist you in resolving those conflicts not just to the satisfaction of the parties involved but for the workplace where they are taking place. This class is for every supervisor/leader or peer who has found themselves on the defensive, angry or unwilling to resolve any conflict that is affecting their workplace.

Ian Gregory & Karen Redieske (Illinois, USA) are co-owners of the Leadership in Action consultancy. Ian brings his experience from a career in fire fighting and 20 years of health care education. Karen comes from a business background with two decades of hands-on leadership experience.

EQ Training as an integral part of Whole Person Education for University Students

United International College a university jointly established by the Hong Kong Baptist University and the Beijing Normal University in the City of Zhuhai, China has adopted a whole person education curriculum that all students are required to attend for graduation. One of the 8 components of our unique whole person education curriculum is emotional intelligence. We have adopted the 6 seconds approach in structuring our experiential learning programs for our students. In addition to classroom training sessions an Intensive EQ Training Camp has been designed to strengthen effects of EQ lectures. After 3 years of experimentation our EQ training is highly regarded by graduates. The presentation will introduce the design of the EQ curriculum, EQ camp and related studies on effectiveness.

Prof Johnston HC Wong (Hong Kong), Professor in Social Work and Social Administration and Chief of Student Affairs (UIC).

Roundtable Discussion: Spreading SEL in the Peninsula and Beyond

What are the essential skills we want all children in this community to develop so they thrive into college and beyond? What do the adults in their lives need to know and be able to do so the children learn those skills? How do we build a



Living EQ

coalition of change agents, influencers, and decision makers to bring this learning alive in the community?

Come join the dialogue, add your voice to the emerging vision – and consider being part of this effort.

Susan Charles is a Senior Consultant for Six Seconds and Coordinator of the Administrative Services Programs at Santa Clara University; Joshua Freedman is the Chief Operating Officer for Six Seconds

Saturday, October 9, 4:30-5:30...

Town Hall Meeting: Spreading Positive Change

Our mission is “Supporting people to make a positive difference - everywhere, all the time.” What does it mean to each of us now, next week, next year?

We are considering a major outreach event called “Sunshine Week” to spread positive change – can it work? What can we do to take it higher?

What’s next? How can we support one another to strengthen the waves of positive change?

This open-space meeting will be facilitated by the Six Seconds leadership team.



Preconference – Social-Emotional Learning

Immerse yourself in innovative learning at Synapse Institute, Six Seconds' lab school for gifted/talented children. This day for educators, educational leaders, counselors, and parents highlights proven approaches to social emotional learning – and a special emphasis on meeting the unique needs of exceptional learners. Thursday, October 7.

Check back for the day's schedule. Sessions include...

Emotional Needs of Gifted Learners, Gifted Educators, and Gifted Parents

Gifted learners have special needs; while they are intellectually precocious, they typically are not concurrently emotionally mature. As a result they often feel isolated and confused. Meanwhile, the adults who support them often feel just as isolated and confused. In this lively discussion with a panel of experts on gifted learners, we'll discuss the pressing challenges that come with unusual perception, intense perfectionism, and an insatiable hunger for mental stimulation.

The panel will be led by Anabel Jensen, Six Seconds' President and the CEO of Synapse Institute. Dr. Jensen is a professor of education at Notre Dame de Namur University and, as the Executive Director led the Nueva School for two Federal Blue Ribbons in excellence.

Know, Choose, Give: Powerful Tools for Life

At Synapse Institute, students are often the most important teachers. In this interactive “festival of learning,” they'll show adults what they find most significant about social-emotional learning. The students will facilitate a range of mini-activities that they have designed based on their perception of what children really need to learn about emotions – and what adults must know if they're going to be effective SEL facilitators.

The presenters will be students of Synapse Institute assisted by their coaches and volunteers.



Living EQ

Empowering Curious, Inventive, and Perfectionist Young Learners in the 21st Century.

Socio-emotional intelligence skills provide highly-inquisitive and intellectually-driven young learners with tools to label and manage frustrations and high expectations. Synapse Institute presents a relevant and thematic curriculum resulting in increased student engagement while developing appreciation for failure as a way of gaining more knowledge and skills. Pursuing intellectual passions is all about taking calculated risks grounded in hypothesis, data, prototyping, and testing ideas. This is a demonstration of real-world science, engineering, technology, and mathematics where students learn how ideas grow through positive social interactions with peers and target markets and from surviving unsuccessful experiments. Strategies on how to develop dynamic and meaningful academic lessons supported by the competencies of Six Seconds' EQ Framework.

Katie Gibbons and Marsha Rideout are part of Synapse Institute's founding team. Katie is the lead teacher for the "Level 1" group; Marsha is the Dean of Students and the Self-Science teacher specializing in social-emotional learning.

Teaching Empathy for Young Learners by Forming and Practicing Noble Goals

How can young gifted/talented learners reach into their innate empathic abilities and use these to become change makers? Synapse Institute presents an integrated and thematic lesson inspired by *Three Cups of Tea: One Man's Mission to Promote Peace... One School at A Time* by Greg Mortenson. The civics theme guided the curriculum in all core subjects and culminated in a garage sale, as a way to raise funds and support the work of Central Asia Institute and collecting pennies for Three Cups of Tea. This presentation showcases how defining and practicing one's noble goal gives greater meaning to learning English language arts, math, science, and social studies.

Gigi Carlson is the Chief Program Officer and one of the founders of Synapse; she is an expert in Helical Learning, a process for building powerful education. Quincy Jones is the lead teacher for Synapse Level 2 and an innovative curriculum developer.



Living EQ

You Get What You Measure: Feedback for SEL

We give math assessments to identify students' current competence and to measure progress. Ideally, this helps the student, teacher, parent, and school understand needs to focus delivery and then to provide feedback on growth. What about social-emotional competencies and growth?

A robust, research-validated measure offers invaluable guidance, focus, and feedback for social emotional learning. In this session, participants will explore the benefits and challenges of SEL assessment and use case studies from the SEI-YV (Six Seconds Emotional Intelligence Assessment - Youth Version) to learn about the process of measuring children's growing EQ competence.

Alex Russell and Deborah Havert are Program Managers at Six Seconds, both focused on systematic, customized, and effective implementation of social-emotional learning in schools and learning organizations.



Postconference – Advanced Training

Advanced EQ Trainer Certification

In addition to powerful EQ tools, Six Seconds' programs work because we teach the way the brain learns. This brain-based, humanistic, emotionally rich pedagogy creates transformational learning experiences by engaging head, heart, and hands. Join this course to learn how.

Supercharge your training and teaching by increasing skill with Six Seconds' learning methodology.

This is a practical “learn by doing” program for graduates of Six Seconds EQ Certification program.

The first two days of the course provide a foundation of key concepts and skills that make this learning method work. Then, in the second two days, you work in small groups to practice, give and receive feedback, and practice more.

This course allows you to:

- Identify yourself as a Six Seconds Certified Advanced EQ Trainer
- Use the EQ Toolkit curriculum that is content from the “EQ Certification” course (aka “Level 1”).
- Deliver Six Seconds' content with greater efficacy and stronger results.

In this course you will...

- Learn how to train and teach the Six Seconds' way.
- Become more effective as a trainer / teacher.
- Brush up on the latest science of learning - including neuroplasticity, hot cognition, and the primary routes of information processing.
- Strengthen your “stage skills” to be a more compelling and effective presenter.

Details: <http://6seconds.org/training/eqt.html>

