



## Anabel Jensen, Ph.D.

**President, Six Seconds**  
**CoFounder, Synapse School**

With over 30 years of pioneering work in emotional intelligence education, Anabel is an inspiring and caring speaker who helps people find the best in themselves and each other. Anabel says people pay attention to less than 30% of what you say, but 70% of what you do, so she models the lessons she teaches.

Anabel was the principal of Nueva School when Daniel Goleman came and wrote about the model emotional intelligence program there; under her guidance the school also won two Federal Blue Ribbon Awards for Excellence in Education. She's started two schools, together with Karen McCown, founded the remarkable lab school educating future change makers: Synapse.

As the Founding President of Six Seconds EQ Network, Dr. Jensen has co-authored four books on teaching EQ, written numerous articles, and trained over 15,000 educators and leaders around the globe.

She has taught the principles of emotional intelligence all over the country and beyond. In addition to her leadership at Six Seconds, she is Chair and Professor in Education at Notre Dame de Namur University. Her background includes the teaching and supervising of instruction from preschool to the university level.

Anabel received her Ph.D. from the University of California, Berkeley. Her interests include a passion for reading, the building and consuming of gourmet desserts, the construction of various hand-crafted projects, and surfing the net for new ideas. She is very active in a variety of church and community service projects. She has one son, Caleb.

Contact Anabel at Six Seconds:

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"Anabel Jensen is a knowledgeable and effective presenter: intelligent, well read, current, humorous, and flexible. Her information on emotional intelligence is timely, magnetic, and invaluable to all professionals. Anabel's sessions are magic."

Margo Long, Director, Center for Gifted Education, Whitworth College

"Dr. Anabel Jensen's workshop was one of the best we have sponsored. Her interactive approach made the subject matter literally 'come alive.'"

Claire Goss, Coordinator, Student Support Services,  
San Mateo County Office of Education

"Anabel brings out the best in her audiences. She is riveting in the gentlest way – you leave her knowing more, feeling more, and wanting more."  
Susan Krals, Ed. D., Director for Professional Development, Killeen ISD, Killeen, TX