

### Build Your Own Adventure

One of Six Seconds' core principles is choice – as you develop your practice as an emotional intelligence change maker, we are here to provide tools, methods, and support. Start with one of our introductory courses, then mix and match from the ingredients below.

#### Practitioner Pathway

##### EQPC: EQ Practitioner

Learn transformational methods to develop EQ, starting with yourself. Five days + postcourse practicum.

*Able to: Join the EQ Cert library to access an extensive set of materials to spread emotional intelligence.*

##### EQAC: EQ Assessor

Measure & develop core skills with a rigorous and practical toolset. 32 hours online/virtual, or 4 days in person, plus postcourse practicum.

*Able to: Administer and debrief the SEI, SEI-YV, and SEI 360 assessments*

##### EQAT: Advanced Trainer

Supercharge design and delivery of training & speaking with Six Seconds' learning methodology. Five days + postcourse practicum.

*Able to: Join EQ Trainer library to use range of in-depth content.*

##### VSC: Vital Signs Assessor

Lead organizational change with powerful metrics and methodology. 18 hours virtual or 2-day in-person plus post-course practicum.

*Able to: Use the Leadership, Team, and Organizational Vital Signs tools.*

*Next... continue to another Pathway.*

#### Educator Pathway

##### EQPE: Profilers for Education

Get started with EQ assessment and development for educators and students.

One day workshop or eLearning.  
*Able to use the Adult and Youth Profiles and class Dashboards with numerous practical, powerful classroom exercises.*

##### EQEC: EQ Educator

Learn the Self-Science methodology to integrate and effectively facilitate social-emotional learning. Two day workshop plus e-learning.

*Able to: Apply SEL best-practices, SEL benchmarks & create effective SEL lessons.*

##### EQAC-E: EQ Assessor for Ed

Measure student and adult EQ using the powerful, validated SEI toolkit + assess school climate. Virtual, live, or blended certification. *Able to: Administer and debrief the SEI, SEI-YV, and Educational Vital Signs (optional) assessments plus the Brain Profiles for youth & adults.*

*Next... continue to the Practitioner Pathway.*

#### Coach Pathway

*For coaches:*

##### EQAC: EQ Assessor + EQCM

Measure & develop core skills with a rigorous and practical toolset. 32 hours online/virtual, or 4 days in person, plus postcourse practicum.

+ For Certified Coaches: EQCM post-course mentoring for "EQ Coach."  
*Able to: Administer and debrief the SEI, SEI-YV, and SEI 360 assessments, plus use Change MAP to design coaching.*

*For coach certification:*

##### EQCC: Coach Certification

Become a professional coach; earn 150 hours from the International Coach Federation using ICF + Six Seconds' methodologies for EQ and Change.

Step 1: **FOUNDATIONS** - 4 days in person plus pre- and post-course eLearning.

*Able to: start coaching with the Brain Profiles.*

Step 2: **INSIGHTS** - 4 days virtual/online.

*Able to: use the full SEI assessments and Change MAP in coaching.*

Step 3: **SOLUTIONS**- 4 days plus virtual/ eLearning and practicum.

*Able to: structure and deliver a coaching program - and apply for PCC from the ICF.*

*Next... continue to the Practitioner Pathway.*

### EQAP: Advanced Practitioner

Dive deeply into Six Seconds' program design methodology; collaborate with top experts in Six Seconds' tools and models from around the globe. 6-months including 7 days in person; by invitation only to active practitioners.

### PPN: Preferred Partner Network

Join Six Seconds as a committed partner in organizational transformation; deeply integrate Six Seconds' tools & methods into your delivery as a pillar of your brand. By invitation only.