



# The EQ Coach Certification

Step 1 CCF | Step 2 CCI | Step 3 CCS



## EQ Coach Certification

### Powerful Coaching

Santa Barbara, June – September 2016

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.

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



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

Solafa Baterjee, CEO, Dorooob

## Certification Pathway

There are three steps to earn EQ Coach Certification:

### **CCF** EQ Coach Certification FOUNDATIONS | Step One

*Why, What & How coaching works; 38 hours of live + virtual training.*

Precourse eLearning, four day intensive, Postcourse eLearning and practice. On completion, you will have the understanding and skills to strengthen your coaching practice and business and to use the Brain Profiles in your coaching.

Evaluation includes supervised coaching.

### **CCI** EQ Coach Certification INSIGHTS | Step Two

*Concepts and skills to deepen coaching; 24 hours of virtual training.*

Blended eLearning, supervised practice, and small-group sessions. On completion, you will know how to make coaching more effective by understanding the theory of change blended with the science and practice of emotional intelligence. You will also develop a strategy and plan to build your coaching practice.

Evaluation includes supervised coaching plus practical exam.

### **CCS** EQ Coach Certification SOLUTIONS | Step Three

*Expertise & process to build coaching solutions; 38 hours of live + virtual training*

Precourse eLearning, four day intensive, Postcourse eLearning and practice. On completion, you will have the knowledge, skill, and confidence to apply the methodology to create an effective coaching program that supports your clients to create positive change.

Evaluation includes supervised coaching plus a written case study.



This course is ACSTH Approved for 150 hours, which means it provides enough training for either ACC or PCC certification.

There are multiple options to earn certification from the International Coach Federation, ICF:

#### ICF Certifications

ACC: Associate Certified Coach

Requires 60 training hours plus 100 hours of practical coaching

PCC: Professional Certified Coach

Requires 125 training hours plus 500 hours of practical coaching

MCC: Master Certified Coach

Requires 200 training hours plus 2500 hours of practical coaching

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

May Duong

Six Second provides great tools to help people recognize their strengths and make a positive transformation in their present 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?

CCF starts online June 1

CCF in-person June 27-30 - Santa Barbara, California

CCI is virtual July 12 - Sept 6 - Online

CCS is in-person Sept 12-15 - Santa Barbara

See details on page 5 - and more via:  
[www.6seconds.org/events](http://www.6seconds.org/events)

### How?

Register on [www.6seconds.org/reg](http://www.6seconds.org/reg)

Or contact [staff@6seconds.org](mailto:staff@6seconds.org)

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 150 instructional hours via eight 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 Approved Coach Specific Training Hours. On completion of the course and ICF required practice, you will be able to apply for ACC or PCC Coach accreditation.

On completion of the full program (parts 1, 2 and 3 and post-course) you will also earn accreditation as a Certified EQ Coach from Six Seconds.

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, 18 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

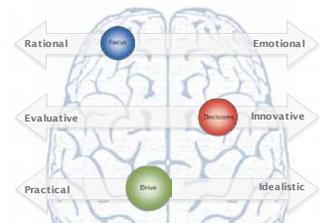
Visually depicted as the EQ Coach Wheel, this framework recognizes that the coach's emotional intelligence is of paramount importance in effective transformation. Change starts on the inside, so coaches need to develop their own skills to be more aware, more intentional, and more purposeful.

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.

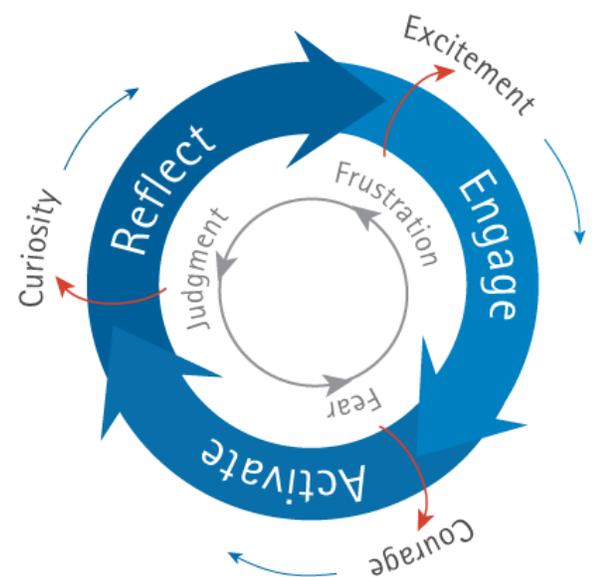
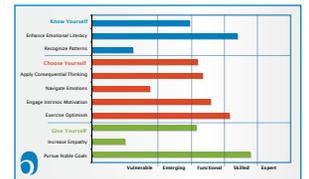
### EQCC includes training in the Brain Profiles -

- Brain Brief Profile
- Brain Talent Profile
- Brain Discovery Profile
- Dashboard



### And certification in the SEI Assessment -

- EQ Leadership Report
- EQ Development Report
- SEI Youth Report
- SEI 360 Assessment



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

EQCC Lead Facilitator: Marilynn Jorgensen

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)

## Registration

**Apply** for course registration on [www.6seconds.org/reg](http://www.6seconds.org/reg)

Registration fee: ~~\$9085~~, discounted for Santa Barbara Premiere: \$7985

Payments may be split into monthly installments, and these discounts are available (discounts may not be combined):

Full payment in advance, 15% discount.

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

Six Seconds' Certified EQ Assessor, 20% discount (register 30 days in advance).

**Registration** includes:

### **CCF** EQ Coach Certification FOUNDATIONS | Step One

Registration includes the pre and post-course learning (12+ hours), in-person training (32 hours + 6 hours homework), materials, EQ Profiler account with credits for 10 practice profiles, participant binder with Six Seconds methodology, useful templates, coaching articles and ICF Core Competencies, plus lunches and break service.

Dates: Precourse starts online June 1 | In-person June 27-30, 2016 - Santa Barbara

### **CCI** EQ Coach Certification INSIGHTS | Step Two

Registration includes eLearning (30 hours) online meetings (16 hours). In addition you will be working in small learning groups to support one another with projects and reading lists assignments (homework requires approximately 30 hours).

Dates: July 12 - Sept 6, 2016 - online/virtual

### **CCS** EQ Coach Certification SOLUTIONS | Step Three

Registration includes the pre and post-course work (12 hours), in-person training (32 hours plus 6 hours homework), materials, SEI Assessor account with credits for 25 practice assessments, 5 observed coaching sessions, case study feedback and final review plus practical exam. Lunch and break service provided.

Dates: Sept 12-15, 2016 - Santa Barbara

### For further information...

For registration questions, please contact our office:

[staff@6seconds.org](mailto:staff@6seconds.org)

Tel: 831.763.1800

To discuss the content & if it's the right fit for you, please contact Marilynn 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 for just \$50/hr (typical rates are 3-6 times this).

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.

Participating in the EQ certification process proved to be more than just getting licensed to use the Six Seconds EQ Model; rather, it was a wonderful life changing experience that will forever alter the way I view all aspects of life!

Mark Longshore, Director of Security, Cache Creek Casino Resort, USA

## About Six Seconds



Six Seconds is a global nonprofit network supporting people to create positive change – everywhere, all the time. 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. We teach the skills of emotional intelligence to enable individuals, teams, organizations, families, schools and communities to flourish. Six Seconds provides certification courses to train coaches, educators, and leaders in the use of Six Seconds' original, evidence-based tools. These include individual and organisational assessments, case studies, and publications. We have offices and representatives in over 25 countries, and our network includes 50,000 people worldwide. 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.

Six Seconds is a global network of change makers working toward 1 billion people practicing emotional intelligence.

Find out more at [www.6seconds.org](http://www.6seconds.org)