

## EQ Assessor Certification 1:1

Distance Learning

**EQAC 1:1 = powerful + in-depth + convenient**

Learn to assess the drivers of people-performance from the convenience of your desk.



The whole process was a great learning experience. The scientific basis and international research in the background make SEI tools a reliable set of EQ assessment. I found the Six Seconds team very helpful and motivating.

- Tauqir Ahmad, Shell Brunei



## Why

### Learn to assess the drivers of people-performance – at your convenience.

Emotional intelligence is the missing link – at work, at school, and in life. Learn an incredibly effective toolset to measure these skills and share results in a way that leads to action.

The SEI tools are best in class because...

- Flexible toolset goes from introduction to great depth
- Practical feedback and a process for action
- Created by world leaders in emotional intelligence development
- Statistically rigorous
- Highly practical
- Global view

In other words, they help you create a roadmap to USE emotional intelligence for positive change. Which is why they're chosen by leading organizations including FedEx, HSBC, Emaar Hospitality, the US Navy, Pfizer, and Microsoft.

### Benefits of the EQAC 1-1

- Flexible learning design so you can work from your desk at your schedule
- Personal support from highly experienced Mentor
- Immediate application of your learning

This is an inspirational program. I was able immediately apply what I learned with clients who were then able to use the tools to implement changes in their lives and work.

- Sally Altrocchi, EQ Consultant

The EQAC 1-1 is an incredible opportunity to not only learn how to use and apply the SEI family of assessment tools, but also to gain an in-depth knowledge of the Six Seconds model of emotional intelligence and a better understanding of yourself

Cristy Filloon, M.S., Consultant, Round Earth Solutions

## What

The 1:1 process equips you to administer, deliver, and interpret the SEI & SEI360 for adults, and the SEI-YV for children.

The toolkit includes the three assessments (SEI, SEI360, and SEI-YV) for a total of 11 different reports in 12+ languages. These measures are supported by an extensive library of learning resources, including:

- training curricula (DHP for managers, Self-Science for children, EQ for Families for parents)
- several books (including the best-selling *At the Heart of Leadership*)
- hands-on resources and games
- a whole line of certification courses to develop world-class mastery – plus accompanying in-depth training resources including The EQ Leader program

See [www.6seconds.org/tools/sei](http://www.6seconds.org/tools/sei) to learn about this remarkable assessment – and explore [www.6seconds.org](http://www.6seconds.org) for more about the range of resources.

This was an OUTSTANDING program due to the fearless nature of my Mentor, the content, the new roads that are being forged and the super cool fact that we are pioneers together changing the world for the better.

Jim Vaive, CEO, Spirit of EQ

The course has opened a new world of wisdom for leadership coaching for my work. The one-to-one mentoring approach suited my requirements -- the distance between Australia and the USA was not obvious at all, great technology!

My Holland, Consultant, EQ at Happiness Quotient

## How

This blended learning program includes eLearning, virtual classroom sessions (live, online with your coach, interact on screen via web-cam), individual coaching sessions, and independent work. A detailed, step-by-step checklist appears at the end of this brochure.

Participants typically complete the program in 3-6 weeks, including:

- Virtual classroom sessions: approx 3 hours
- 1:1 coaching: approx 6 hours
- Independent work: approx 22 hours

Registration includes:

- Access to the eLearning to walk you through the program and access videos + tons of resources to download and use in your work
- The bestselling *At the Heart of Leadership* book on Kindle (or paperback, you just pay postage)
- Your own SEI and SEI360, plus SEI Intranet Account with credits for 5 practice SEIs & practice SEI360
- Free virtual training in the SEI-Youth Version + credits for 3 practice assessments.
- Free one-year premium membership on EQ.org
- Earn the **SEI EQ Assessor Certification** on successful completion

### Registration

The registration fee is \$1295 for one person (€1295 in Europe).

The course & certification completion must be completed within 90 days of registration.

**To register:** [www.6seconds.org/reg](http://www.6seconds.org/reg)

**And/or email our Operations Manager: Jenny Wiley** <[jenny@6seconds.org](mailto:jenny@6seconds.org)>

*Note: When you register, please specify where you're based so we can assign you the correct mentor. Also, let us know if your focus is primarily on adults/business or youth/education.*

Anyone interested in helping others to significantly transform their lives and dramatically improve their own personal effectiveness should take this course. Where I have always known the importance of EQ, this course really brings clarity to the pathways to positive change.

Raymond Lucas, President, 100 Black Men of Maryland, Inc.



## Next: EQ Coach Certification

### Move toward mastery in coaching with emotional intelligence.

Following the EQAC 1-1, many EQ Assessors choose to enter this program. There are 2 parts:

#### a) Coaching EQ Mini Course

In two sessions (90 min ea), you'll learn Six Seconds' Coaching EQ Framework and core skills. Following these sessions, you proceed to the Mentor Coaching process. The fee for the CEQ Mini is \$/€500. If you have attended the 4 day EQAC in person you skip this step.

#### b) EQ Coach Mentoring (EQCM)

How can you more fully integrate SEI and the EQ Model into your approach as a coach? In this six-session 1-1 program, you'll work with Marilyn Jorgensen to weave EQ into your coaching. Each session focuses on one of ICF Core Competencies.

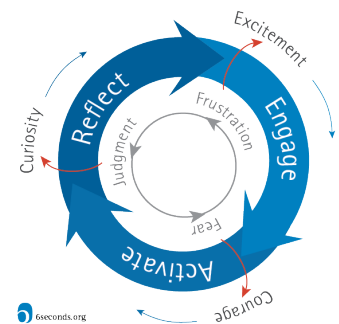
Benefits:

- Powerful support to use the EQ coaching framework and the SEI to get these tools embedded in your practice
- Deepen your EQ coaching expertise
- Designation on your 6seconds.org profile as a "Certified EQ Coach" \* (per requirements below) with special logo for your website and/or business card
- Earn 9 ADDITIONAL CCEUs from ICF

In between sessions, you'll do a lot of practice with the SEI and practice Coaching EQ. The price of this process includes enough credits to do 20+ SEIs and 5+ SEI360s.

Any EQ Assessor can take this program. \* To earn the "Certified EQ Coach," the requirements are:

- Earn your EQ Assessor Certification (from the EQAC 1-1)



- Hold at least ICF ACC certification or equivalent
- Deliver at least 20 SEI debriefs & conduct at least five SEI 360s
- Complete 6 hours mentor coaching with Six Seconds
- Write at least 1 case about results of EQ coaching (about individual or group)
- Demonstrate competence in E/A/R and L-A-C frameworks through a 1-1 Practicum (a coaching session to Six Seconds' Mentor Coach)

EQCM includes mentor coaching (\$/€1500 value), SEI credits (\$/€1225 value), and final practicum; registration fee is only \$1695 (€1695 in Europe)

## Details

The EQAC 1-1 program outline:

| Phase   | Step  |
|---|---|
| <b>Engage</b><br><br>Understand the value of the toolkit and be prepared to jump into learning to use the SEI | Sign up for the class. You'll get access to the eLearning site, and a "kit" of materials mailed/emailed to you.   |
|   | 1.1 Orientation: Enter the eLearning course and follow the instructions   |
|   | 1.2 Why EQ? Complete the unit and start reading the first section of <i>At the Heart of Leadership</i>  |
|   | 1.3 Take the SEI. Have a 1-1 coaching call with your mentor to debrief (and to schedule the other steps below) [50 min]   |
|   | 1.4 Intro to the Model. Read part 2 of <i>At the Heart of Leadership</i> .  |
|   | 1.5 Recap: Use the <i>SEI Workbook</i> , then email your Mentor. Download the Manuals & Sample Reports; familiarize yourself with these materials.  |
| <b>Activate</b><br>(part 1)<br>Learn, or review, the competencies   | 2.1 Diving In. Read intro to the competencies.  |
|   | 2.2-2.9: Explore these units as much or little as needed until you feel comfortable with knowing the meaning of the eight competencies. Discuss with your Mentor via email or call if needed. |
| <b>Activate</b><br>(part 2)<br><br>Learn to deliver, interpret, and debrief the SEI & SEI360                  | 3.1 Psychometrics. Review the eLearning materials; read the Technical Manual. Ask your Mentor to email you your own Coach Page.   |
|   | 3.3 Administration. Follow the instructions to create your first project on the Tools Intranet.<br>Call your Mentor if you need help!   |
|   | 3.2 Interpreting. Read the <i>Guide for SEI Assessors</i> . Have a 1-1 virtual class with your mentor [90 min]. Complete the unit online, including watching an example debrief.              |

|   |  |
|---|--|
|   | 3.4 Debriefing. Review the recommended process for conducting a 1-1 discussion of SEI with your clients.   |
|   | 3.5 Practice. Deliver SEI to 5 practice-clients. Review profiles on a call with your mentor [50 min]. Then debrief your practice-clients.  |
|   | 3.5b. via a call or email, connect with your Mentor. [30-50 min] What was the best part of the debriefs, what was most challenging? What happened by the 5 <sup>th</sup> debrief?                                      |
|   | 3.6a SEI360. Your Mentor will set up your project. You add your raters and take the assessment. Have a debrief of your 360. [50 min]<br>Set it aside for 3-4 days, then go back and write Reflections and Action Plan. |
|   | 3.6b SEI360. Call your Mentor. Check in on your own 360, then set up a 360 project for a practice-client. [30-50 min] Once her/his report is done: Have another call to review [30 min]. Then do the debrief.          |
| <b>Reflect</b><br><br>Review learning,<br>plan next steps | 4.1: Synthesis. Complete the eLearning to review.  |
|   | 4.2: SEI Applications (reviewing ways of using the tools and next steps) [75 min]  |
|   | 4.3 Review the next steps and completion process. Email your Mentor with your plan.  |
|   | 4.4 Practicum: Practice debrief with coach; discuss key questions. [50 min] If necessary, your Mentor will have you do additional practice and repeat this step.   |
|   | 4.5 Completion. Do the final steps on the eLearning site to earn your certification  |
|   | 4.6 Celebration. Sweet victory is yours!   |

## Connect



**Questions on the SEI toolkit or this program? Please email:**

Yoshimi Miyazaki, SEI Program Manager: [yoshimi@6seconds.org](mailto:yoshimi@6seconds.org)

Or get social! [www.facebook.com/sixseconds](https://www.facebook.com/sixseconds) | Twitter: @6s\_EQ

Learning one-on-one with a knowledgeable instructor provided a very rich and personal experience and a great way to learn the fundamentals of Social and Emotional Intelligence.

Joel H Head, CEO, Headwinds



Through 20 years of global experience and extensive research, we've found that the scientifically-based skills of emotional intelligence (EQ) are essential.

### What if a billion people were practicing emotional intelligence?

We think it would make the world a better place.

Do you? Would you like to be part of making that happen?

## About Six Seconds

To support positive change, Six Seconds identifies and shares best practices in using emotional intelligence. We create methods and tools that are: Scientific. Global. Transformational.

These solutions are used by large entities such as HSBC, FedEx, the US Navy, Emaar, Lenovo... by schools and community organizations... and by individuals around the globe. Our community has been featured in O Magazine, The Today Show, Discovery Channel, Chief Learning Officer, and many other publications in 10 languages. Six Seconds is the first and largest organization 100% dedicated to the development of emotional intelligence, a powerful toolset to support people to create positive change — everywhere, all the time.

The network includes over 50,000 members, and we have offices and representatives in over 25 countries. From our start in 1997 through 2016, our network has supported two million people to practice EQ — and made many more aware. Success! And: To reach one billion, we need to go further.

Would you be part of it?



"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