



Joshua Freedman

Chief Operating Officer

Joshua is one of the world's preeminent experts on developing emotional intelligence to improve performance. With warmth and authenticity, he translates leading-edge science into practical, applicable terms that improve the quality of workplace relationships to unlock enduring success.

Freedman is one of a handful of experts in the world with over a decade of full-time experience in this emerging field. His clients include FedEx, Lockheed Martin, Etihad Airways, the World Bank Group, American Express, Hasbro, Make-A-Wish Foundation, Microsoft, all branches of the US armed services, the UN, and numerous organizations around the globe.

Joshua leads the world's largest network of emotional intelligence practitioners and researchers; Six Seconds has offices in 11 countries and practitioners in over 75. He co-developed Six Seconds' EQ Certification Training which he has delivered on five continents as master-trainer to hundreds professionals seeking practical tools for learning and teaching emotional intelligence, and has helped launch emotional intelligence programs and companies in over a dozen countries.

Freedman is author of *At the Heart of Leadership* (in English, Chinese, and Italian) and *INSIDE CHANGE: Transforming Your Organization with Emotional Intelligence* (English and Italian) and over two dozen articles including *The Business Case for Emotional Intelligence*, *The Workplace Issues Report*, and *A Hope for Change*. He is coauthor of four validated psychometric assessments including the *EQ Leadership Report* and the *Organizational Vital Signs* climate index, as well a several books and training programs including the *Handle With Care EQ Activity Book*, the *EQ Learning Journal*, two volumes of the *Self-Science EQ Curriculum*, *The EQ Leader* training, and *The Inside Path to Change* (used by the US Navy and Marine Corps).

He lives on the Central Coast of California with his wife and 2 children. His family loves gardening, skiing, and cooking.

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"Attended an incredible session with Josh/Six Seconds. I'm an MBA, corporate strategist, who's the doubter, hyper-rational type. I came away feeling that both the materials and I were well grounded. My personal & professional energy surged. It's a healthy balance of emotional exercise to offset the rational grind. A+. Recommend to individuals and groups."

- Mark Harrison, VP Mobile, EBay

"Joshua and his colleagues at Six Seconds are second to none. Josh is professional, personable, intelligent and reliable. His work is his passion and it shows through in everything he does. I have hired Josh professionally, relied on him for personal advice and recommended him to many. He has the tools to help people get ahead and feel good about how they got there...not always easy to do in today's competitive and stressful corporate world. I liked Josh from the minute I met him."

- Leigh Cappello, VP/Futurist, Hasbro Inc.

"Josh was a key partner in assisting me, as the CEO, to realign the direction of the organization by helping my team and me understand the negative thoughts and patterns that were preventing us from moving forward. Josh creates a warm, friendly, and trustworthy environment that encourages healthy change. I learned to be a better leader by understanding how my thoughts and behaviors affected not only me and my relationships with my team but the overall success of the organization. I am fortunate to have Josh as one of my consultative partners."

- Carrie Birkhofer, CEO, BayFed Bank