

Know, Choose, Give

Participant Workbook & Facilitator Guide

Second Edition

The Know, Choose, Give Curriculum by Liza D. Johnson, Ed.D.

FACILITATOR GUIDE

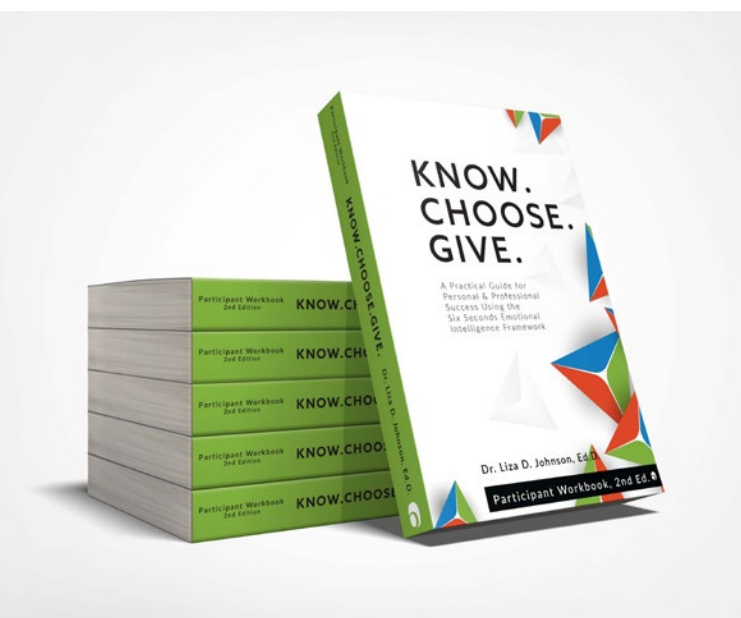
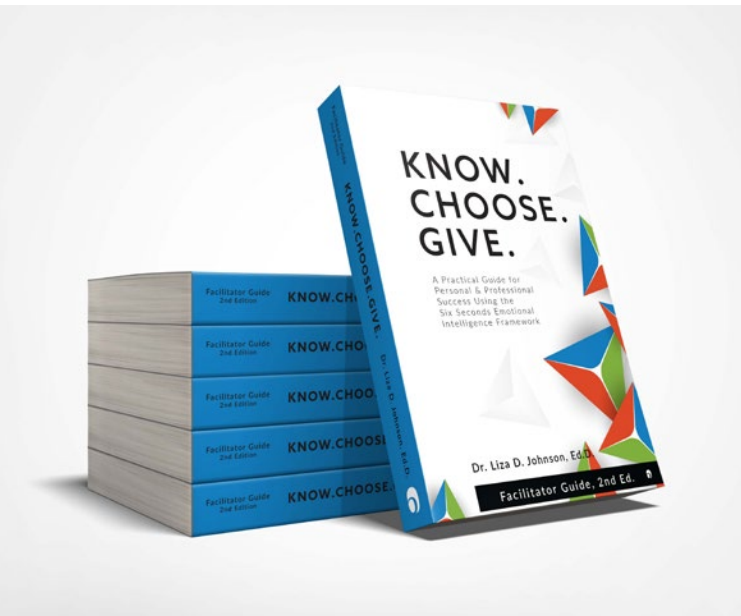
\$89.95

Includes: Neural Net assessment, TFA card deck, companion resource website, and access to Six Seconds global EQ network.

PARTICIPANT WORKBOOK

\$44.95

Includes: companion resource website and access to Six Seconds global EQ network.



OVERVIEW

Given the critical importance of emotional health, happiness, and overall wellbeing, emotional intelligence (EQ) may be one of the most valuable personal resources. There is a growing body of research showing the skills of EQ can help people achieve more productive results, be and feel better, improve decision-making, and form stronger relationships.

Know. Choose. Give. A Practical Guide for Personal & Professional Success using the Six Seconds Emotional Intelligence Framework covers 30 key concepts driven from the Six Seconds model of EQ-in-Action based on three pursuits:

KNOW YOURSELF

Clearly seeing what you feel and do. Emotions are data, and these competencies allow you to accurately collect that information.

CHOOSE YOURSELF

Doing what you mean to do. Instead of reacting “on autopilot,” these competencies allow you to proactively respond.

GIVE YOURSELF

Doing it for a reason. These competencies help you put your vision and mission into action so you lead on purpose and with full integrity.

KEY TOPICS

The curriculum includes 30 interactive lessons blending neuroscience, self-reflection, and practical strategies. Participants will develop answers to essential questions, such as:

What are thoughts, feelings, and behaviors? How can we choose these more intentionally?

What affects our decisions, and how do we make better decisions?

What are optimism, pessimism, and how can we increase optimism?

What are beliefs & values, and how do we use them?

What is self-confidence and how can we increase it?

How can we handle challenging feelings like stress, fear, and anger?

What is gratitude and how can we use it to improve our lives?

What does it mean to take responsibility?

What is empathy and how can we increase it?

What makes a healthy relationship and how can we make relationships better by using effective feedback, managing conflict, and negotiating?

How do we find purpose in our lives and use positive self-interest to engage in a more purposeful way?

What would it mean to have a Noble Goal and how can this help us build better lives?

TARGET AUDIENCE

The Know, Choose, Give curriculum offers an **in-depth EQ orientation**. Easy-to-use lessons include a check-in, experiential exercises, discussion tools, and reflective worksheets.

The program helps participants **learn, understand, and actively develop the core skills** necessary to be successful in making sustained and positive change. Extensively tested with university students, the program provides an implementation plan that can be adaptable for use as an academic course offering as a general education or major requirement and integrated across the institution. Ideal for higher education, the program also works in organizational settings.

The facilitator guide includes a code for one EQ self-assessment, a companion website for additional resources such as a university syllabus, the hands-on Think Feel Act Cards tool to practice EQ, and a suggested implementation plan, including recommended training and certification to enhance facilitation skills for this curriculum.

The Know, Choose, Give curriculum opens the opportunity to actively participate in the Six Seconds' community that works in over 175 countries and supports over five million people practicing EQ. Together we can practice EQ to create more peace and well-being in ourselves and in the world.

Recommended Six Seconds Implementation Plan

We recommend that you begin with a self-guided approach to learn the materials and prepare.

For more robust implementation, we recommend three options to boost your effectiveness in facilitating and implementing this curriculum:

- 1. Quick-Start:** Orient your facilitators with virtual training to accelerate your program
- 2. Build Expertise:** Build capacity to get the full value from the program
- 3. Evidence-Based:** Integrate EQ assessments to use data to guide instruction

Recommended Strategies & Resources	Self-Guided	Quick Start	Build Expertise	Evidence-Based
Study the course materials	•	•	•	•
Pilot-test	•	•	•	•
Revise the syllabus from 6sec.org/kcgf	•	•	•	•
Use the Think, Feel, and Act (TFA) cards and other Six Seconds hands-on-tools	•	•	•	•
Unlocking EQ or EQ Educator 1		•	•	•
KCG Train-the-Trainer or EQ Educator 2 and 3		•	•	•
EQ Practitioner Certification				•
EQ Assessor Certification				•

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