Unlocking EQ

Experience why, what, and how EQ works & Six Seconds' research-based methods & tools. EQ drives effectiveness, relationships, quality of life and wellbeing. These learnable, measurable, scientifically-grounded skills are transformational... but how do you get started?

Unlock the power of your emotional intelligence and get started on the pathway of EQ certification.

"One of the very best tools to develop yourself as a leader, a parent and in life."

- Nehad Tadros, Global Director of Leadership Development and Coaching, Aramex
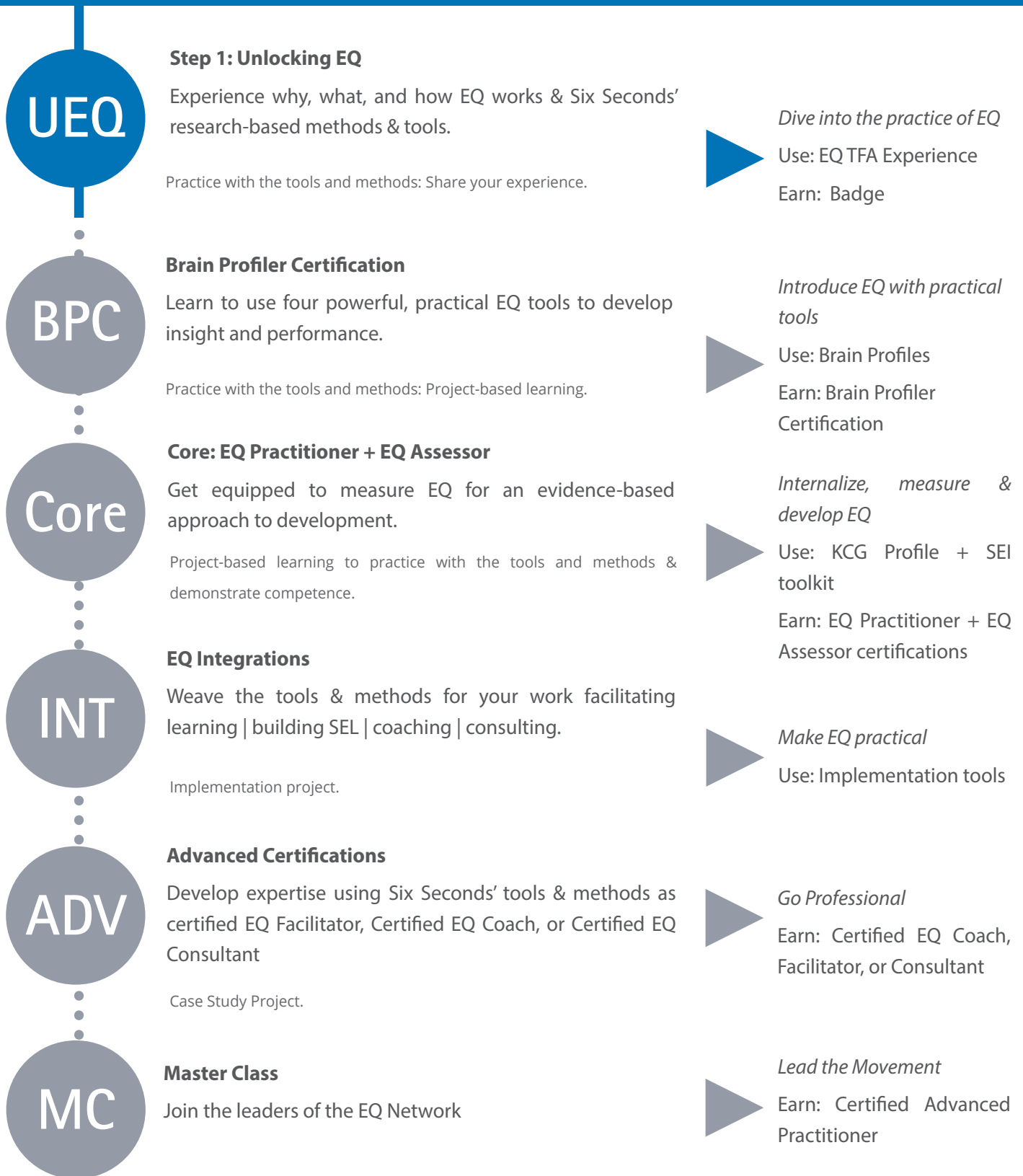
UEQ Unlocking
Emotional Intelligence

ICF
International Coach Federation
Business Partner

sixseconds
THE EMOTIONAL INTELLIGENCE NETWORK

A training program that will exceed your expectations. Authentic facilitators, like-minded participants, and a safe environment to explore this sensitive subject.
Bob Shaver, Program Director, Executive Education, University of Wisconsin, Madison

Certification Pathway

UEQ

Step 1: Unlocking EQ

Experience why, what, and how EQ works & Six Seconds' research-based methods & tools.

Practice with the tools and methods: Share your experience.

Dive into the practice of EQ

Use: EQ TFA Experience

Earn: Badge

BPC

Brain Profiler Certification

Learn to use four powerful, practical EQ tools to develop insight and performance.

Practice with the tools and methods: Project-based learning.

Introduce EQ with practical tools

Use: Brain Profiles

Earn: Brain Profiler Certification

Core

Core: EQ Practitioner + EQ Assessor

Get equipped to measure EQ for an evidence-based approach to development.

Project-based learning to practice with the tools and methods & demonstrate competence.

Internalize, measure & develop EQ

Use: KCG Profile + SEI toolkit

Earn: EQ Practitioner + EQ Assessor certifications

INT

EQ Integrations

Weave the tools & methods for your work facilitating learning | building SEL | coaching | consulting.

Implementation project.

Make EQ practical

Use: Implementation tools

ADV

Advanced Certifications

Develop expertise using Six Seconds' tools & methods as certified EQ Facilitator, Certified EQ Coach, or Certified EQ Consultant

Case Study Project.

Go Professional

Earn: Certified EQ Coach, Facilitator, or Consultant

MC

Master Class

Join the leaders of the EQ Network

Lead the Movement

Earn: Certified Advanced Practitioner

Unlocking EQ

This is the only course of its kind – ideal for people seeking to incorporate emotional intelligence (EQ) into their work and life.

Immerse yourself in Six Seconds' unique approach to create value with emotional intelligence and see how this method works for you.

In this course you will...

- Develop a clear "case" for emotional intelligence.

- Explore the Six Seconds Model, a process framework for making emotional intelligence practical.

- Review some of the latest research on the brain, emotions, and performance.

- Clarify your vision and define key goals for your own EQ development.

- Learn to use the TFA process to introduce EQ and to use EQ to solve specific challenges. This provides an actionable way practice & share EQ.

Emotional intelligence is the ability to use emotions effectively, and it's the foundation for life success... and one of the World Economic Forum's top skills for the 21st Century. This course builds your capacity to develop this core capacity.

Unlocking EQ is the first step in all of Six Seconds' powerful range of certification courses.
See 6sec.org/cert

The Six Seconds Model of EQ-into-Action begins with three important pursuits: Become more aware (noticing what you do) - Know Yourself.

Act more intentionally (doing what you mean) - Choose Yourself.

Be more purposeful (doing it for a reason) - Give Yourself.

This model is both simple and substantive. It's easy to learn, practical, and action-oriented providing a process framework for putting the science of emotional intelligence into practice.

There are eight learnable, measurable competencies that make the model even more practical. These are covered in depth at the EQ Practitioner course.

Course schedule: 6sec.org/events

Course fee for UEQ: In-Person is €345, Virtual-Online is €195
See 6sec.org/ueq for additional details

Discounts for In-Person: Register and pay 30 days ahead for a 10% discount. A limited number of seats available at additional discount if booked and paid 60 days ahead. Contact us!

Contact – Europe

For registration & questions:
office.eu@6seconds.org

Registration & About Six Seconds

Six Seconds is a global community practicing and sharing learnable, measurable, scientific EQ skills for a world brimming with insight, connection and purpose.

Research shows that the practice of emotional intelligence increases effectiveness, wellbeing, relationships and quality of life. So, 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. Six Seconds researches and disseminates best practices to create value with emotional intelligence. In our certification training, coaches, educators, and leaders learn these proven methods and tools, translating current science into effective practice.

We think the world will be a better place with one billion people practicing the skills of emotional intelligence.

Learn more:
www.6seconds.org/about

We have offices and representatives in over 25 nations and our community reaches 157 countries. 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.

Businesses, government agencies, nonprofits, schools, and community organizations choose Six Seconds' tools and methods because of the global relevance, strong scientific basis, and practical application.

"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