

25

YEARS

INCREASING THE WORLD'S  
EMOTIONAL  
INTELLIGENCE



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# EQ Core Certification

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SIX SECONDS EMOTIONAL INTELLIGENCE NETWORK

EQ CORE CERTIFICATION



# CORE TOOLS AND METHODS INCREASE EMOTIONAL INTELLIGENCE

Emotions are a key driver for professional and personal transformation. In this certification program, gain insight and practical ways to use emotional intelligence (EQ) in your work and get certified to use the tools with others – online and/or in-person.

**“A best-in-class process to bring emotional intelligence concepts to life.”**

- Cynthia Ng, SVP Learning and Development HSBC



EMOTIONS DRIVE PEOPLE  
PEOPLE DRIVE  
PERFORMANCE

**“ Probably the best training course I have ever attended in 25 years of business.”**

-James Dewar, Director,  
RMD Kwikform



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# EQ Core OVERVIEW

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Core includes 50 hours of hands-on, dynamic instruction, activities, practical projects, networking, laughter, and learning. These courses are highly active, brain-based, and experiential. The content is based on 40 years of practical teaching experience and the *Self-Science* curriculum featured as a model in Daniel Goleman's 1995 bestseller, *Emotional Intelligence*. Certified Practitioners are delivering programs in over 150 countries.

After completing the certifications, you will access a range of development tools for yourself and clients, and can purchase and use the best-in-class EQ assessment, SEI – plus a complete system of supporting tools and curricula.

## EQ Practitioner Certification

Join the leaders in the field to raise emotional intelligence in yourself and others. Develop an in-depth understanding of emotional intelligence as you gain new tools to apply immediately to fuel positive change at work, at home, and at school – starting with yourself.



## Brain Profiler Certification

Get equipped with highly-practical, actionable tools to bring out the best in people. Ideal for organizational training & development on the people-side of performance, eg communication, talent and strategy.



## EQ Assessor Certification

Equip your practice with the world-class emotional intelligence assessment suite, the SEI® toolkit. Measure the skills that fuel transformation and unlock human capacity in a framework for growth and action.



# EQ MADE FOR YOU

## Six Seconds' core certifications equip you with an in-depth experience of EQ and the Six Seconds Model.

For most participants, this is, by far, the most valuable take-away from the program. Your own EQ practice is imperative to be truly effective as an EQ change agent, leader, teacher, coach, etc.

You will be able to effectively utilize a system of EQ development tools yourself, and in your work. Then, to be most effective with the Six Seconds' methodology, continue on the certification path toward mastery.

## Who should attend?

This set of courses is designed for anyone serious about spreading emotional intelligence, starting with themselves. Individuals and leaders frequently attend for their own growth; practitioners (trainers, organizational development professionals, coaches, counselors, psychologists, educators) come to bring Six Seconds' approach to their work and lives.

**“ This course was an eye opener. It helped me to understand myself better and gave me guidance and the tools to immediately start practicing.”**

- Hanan Al Mansoori, Supervisor EVS,  
Cleveland Clinic, Abu Dhabi

ATTN Coaches:  
EQ Core is part of our Approved Coach Training Program and accredited by ICF for CCEs (56.5 hours).

**ACTP**  
ICF ACCREDITED COACH  
TRAINING PROGRAM

ICF

**CCE**  
ICF CONTINUING  
COACH EDUCATION

ICF



**“ Six Seconds EQ Practitioner certification was an enriching and engaging experience. Even on Zoom. I gained a deeper understanding of the methodology and competencies that will help me personally and will help me serve my clients better. Thank you for such an amazing and well-thought-out learning experience.”**

- Alana M. Hill, PMP, Principal Consultant,  
2Hill Consulting Services, LLC

A photograph of two women in a professional setting. The woman in the foreground, on the left, has long brown hair and is smiling broadly, looking towards the right. She is wearing a dark grey top and holding a stack of colorful sticky notes (yellow, orange, red, green). The woman in the background, on the right, has curly dark hair and is also smiling. She is wearing a white blazer over a white top and is pointing with a silver pen at a whiteboard. The whiteboard has several colorful sticky notes attached to it. The background is slightly blurred, showing a modern office environment with warm lighting.

NOT JUST THEORY.  
LEARNING IN PRACTICE.

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**This program enabled me to apply the tools and learning with immediate effect. It can be applied to self, at work and to my social network circle at large.”**

–Zaher Ibrahim, HR Lead,  
Bupa Mazer Clinics, Jeddah, Saudi Arabia

## Evidence-Based Learning

Six Seconds integrates the latest neuroscience into practical, engaging content. A research-based organization, Six Seconds' materials blend data and emotional experience to build both understanding and wisdom.

We're known for deeply engaging, transformational learning. We're not new to virtual: over 15 years ago we started on this path to reach people all around the globe.

## Engaging Online or In-Person

If you enjoy sitting and staring at a screen and passively listening for hours on-end, this is not the program for you! Just as we do in-person, Six Seconds' online courses are designed based on current neuroscience: Hands on, interactive, emotionally rich, and chock-full of practical tools.

Dig deeper into the Six Seconds Learning Philosophy:

[6sec.org/learning](https://6sec.org/learning)

# ACTIVATING LEARNING WITH EMOTION



# REGISTRATION

See updated  
schedule and  
apply:

[6sec.org/events](https://6sec.org/events)

## Pricing for Online/Virtual

Part 1: EQ Practitioner € 2595

Part 2: Brain Profile € 595

Part 3: EQ Assessor € 1995

Contact us for discounts and early registration

## Contact for Europe

[office.eu@6seconds.org](mailto:office.eu@6seconds.org)

Certification requirements



The certification process is intended for professionals skilled and qualified in training, consulting, coaching, and education who are committed to using Six Seconds' models and methods. To complete the certification process, participants must complete online pre-work, attend the full program, plus plan and implement a project to demonstrate competence with the methods and tools and follow the terms of certification – please see: [6sec.org/certlicense](https://6sec.org/certlicense)

Please note the annual renewal requirements on [6sec.org/renewal](https://6sec.org/renewal), including 12 hours of accredited continuing education (ACE).

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**Six Seconds is more than an organization with excellent resources and training programs. It is a community that has supported my work, my world and my purpose. It is a movement that is essential to the survival of humanity and is actually making a difference. I am honored to learn, work and be a part of this community.”**

-Adrienne Seal, Founder and  
Principal Coach, Spirit Tree  
Consulting - USA





# Core Part 1: Practitioner

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This certification follows Six Seconds' Know Yourself, Choose Yourself, Give Yourself model for learning to develop and apply emotional intelligence. Participants experience an EQ learning environment and a range of effective tools and processes that strengthen emotional intelligence.

In this course you will...

- Understand the Six Seconds Model and the eight core competencies to put emotional intelligence into action.
- Take home dozens of proven EQ exercises and learning tools that you can use yourself and with your teams/families/clients.
- Experience Six Seconds' learning design that will enhance the effectiveness of all your training, coaching, and teaching.
- Strengthen your own emotional intelligence.
- Be able to utilize the "UEQ Profile," offering practical feedback for introducing the value of EQ.

“

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,  
Dubai, UAE

**Credits:** 36 CC ICF

(Six Seconds is an international coaching school, ICF Level 3 accredited)

[6sec.org/cert/pc](https://6sec.org/cert/pc)

# Core Part 2: Brain Profile

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Get certified to access four powerful, practical Brain Profiles to develop awareness and performance. The training focuses on applications of the profiles, so you walk away understanding the tools and specific ways to use them in key workplace applications such as communication, teamwork, and strategy.

In this course you will...

- Recognize how you blend emotion and cognition to process information
- Discover your own BRAIN STYLE and BRAIN TALENTS
- Utilise the three individual EQ Profiles with others to enhance your training, coaching and people development
- Gain insight into groups using the Dashboard
- Become certified as a Six Seconds' Brain Profiler able to purchase and administer the Brain Brief, Brain Talent, Brain Discovery, and Dashboard profiles.

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 these core competencies.

**Credits:** 12 CC ICF

(Six Seconds is an international coaching school, ICF Level 3 accredited)

[6sec.org/cert/bpc](https://6sec.org/cert/bpc)

# Core Part 3: Assessor

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Unlike other psychometric tools which provide an abstract diagnosis, the SEI<sup>®</sup> provides practical feedback and a process for action. Created by world leaders in emotional intelligence development, SEI tools are statistically rigorous, highly practical, and with a global view - which is why they're chosen by leading organizations including FedEx, HSBC, Emaar Hospitality, the US Navy, Pfizer, and Microsoft.

In this course you will...

- Understand the Six Seconds Model as a clear, actionable model for applying EQ.
- Build the knowledge and skills to deliver, interpret, and debrief the SEI.
- Strengthen your coaching skills by adding EQ tools and methods.
- Learn to structure 1-1 debriefs and larger interventions using the Six Seconds Change MAP.
- Enhance and leverage your own emotional intelligence.

“

Very insightful learning and an absolutely great tool for coaching.”

-Kevin Herft,  
Manager, Cabin  
Services Training,  
Qatar Airways

**Credits:** 29 CC ICF  
(Six Seconds is an international coaching school, ICF Level 3 accredited)

[6sec.org/cert/ac](https://6sec.org/cert/ac)

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**Six Seconds is an amazing organisation. Every single time I connect with them, I gain new insights and further develop my own emotional intelligence.**

**I find the way they deliver information to be so incredibly valuable. They make it clear, simple and easy to understand which means it is easy to implement.**

**I am very grateful for the work they do and it is certainly making a difference to me, which ripples to both my personal and professional life.**

- Michele Tocci, Chisholm  
Institute, Melbourne,  
Australia



# WHERE DO YOU WANT TO GO WITH EMOTIONAL INTELLIGENCE?

## EQ PRO CERTIFICATIONS



### **CERTIFIED EQ COACH**

What does it take to become a great coach? Apply (ICF) Core Competencies in the essentials of coaching with an EQ foundation. The EQ Coach Certification is research-backed with case studies, current neuroscience, and best-practices refined over decades of study.

[6sec.org/cert/ceqc](https://6sec.org/cert/ceqc)



### **CERTIFIED EQ CONSULTANT**

Want to take your consulting up a level? Apply the skills and insights from EQ Core with the power of the Vital Signs toolkit to build buy-in for organizational transformation. Partner with organizational leaders in creating vital organizations. Lead sustainable, measurable, high performance – driven by people.

[6sec.org/cert/ceqx](https://6sec.org/cert/ceqx)



### **CERTIFIED EQ FACILITATOR**

What makes effective EQ training? Apply the powerful insights and tools from EQ Core to design and deliver transformational learning experiences. The Facilitator Integration sets the foundation for the EQ Advanced Facilitator Certification, a deep dive into theory and practice of Six Seconds' learning methodology.

[6sec.org/cert/ceqf](https://6sec.org/cert/ceqf)



### **CERTIFIED EQ SEL SPECIALIST**

Can you transform schools with EQ? While most educators see the value in social-emotional learning, many schools do not have a systematic, comprehensive, developmental approach to these essential skills. These social emotional skills are one of the foundations for high performing students and classrooms.

[6sec.org/cert/csel](https://6sec.org/cert/csel)

**“ There are many EQ training programs but Six Seconds and its phenomenal trainers are the real thing. You will be personally and professionally transformed.”**

-Kathleen Ruby, PhD., Dir Wellness and Leadership Development WSU College of Veterinary Medicine



# Six Seconds

## KEY CONCEPTS

For 25 years we've led the way, turning the neuroscience of emotion into practice. With seven validated assessments and a wide range of learning materials, Six Seconds Certified professionals use these proven tools and methods to create value around the globe in every sector. For us, EQ isn't a "theory" or just one test we publish, it's the difference that makes the difference.

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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 the EQ Practitioner course.

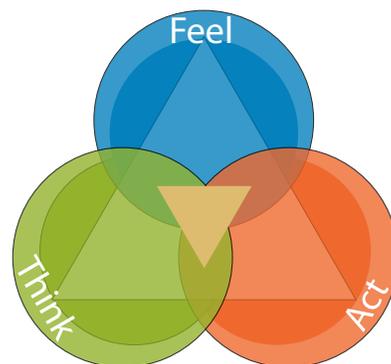
**More: [6sec.org/eq](http://6sec.org/eq)**



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At the core, Six Seconds' work is about the triangle shown to the right. Our feelings, thoughts, and actions are constantly interacting, affecting one another. As we become more aware of these dynamics, we can expand our choices.

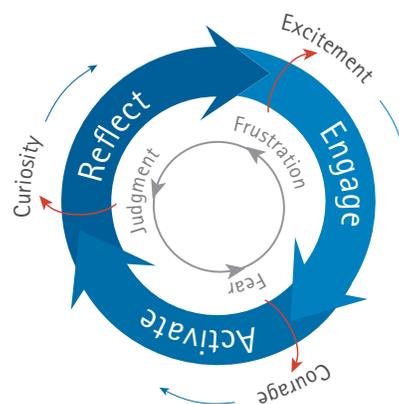
**More: [6sec.org/tfa](http://6sec.org/tfa)**



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Six Seconds' Change MAP provides framework for designing and delivering coaching as a transformational process. This model provides a structure to support Six Seconds practitioners in designing and delivering effective programs.

**More: [6sec.org/change](http://6sec.org/change)**





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It is the very best course I have attended. It addresses the ‘how’ of doing the theory. Trainer was very engaging using great learning tools throughout.

- Rasha El Gamal, Chief HR Officer, DMG, Egypt



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“Experimental learning at it’s best. Wonderfully presented and easily understood. Great EQ tools to help me in my personal life and in the work environment.”

Yusuf Lalkhen,  
Psychologist and  
Educational Consultant



# IMAGINE THE WORLD WITH A BILLION PEOPLE **PRACTICING EQ**

Six Seconds is the global community working to increase emotional intelligence everywhere.

**Transformational:** Data shows the practice of emotional intelligence increases effectiveness, wellbeing, relationships, and quality of life. So, we research & disseminate “what works,” and support a network of changemakers to bring these skills into practice everywhere.

**Global:** Founded in 1997, Six Seconds is the first and largest organization 100% dedicated to the development of emotional intelligence. We have offices and representatives in over 25 nations and our community reaches over 200 countries and territories.

**Scientific:** Six Seconds, together with our partners around the world, has published scores of case studies (including at FedEx, Siemens, UCB at [6sec.org/cases](http://6sec.org/cases)) and dozens of papers including the ongoing State of the Heart, the world’s largest study of EQ ([6sec.org/soh](http://6sec.org/soh)) – plus 1000s of hours of curriculum (for senior leaders, employees, managers, parents, teachers, children), 350+ hours of certification training to grow world-class experts.

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.

