



# EQ Educator: Essentials for SEL

## **EQE 1: Educator EQ**

Dive into Six Seconds' powerful methodology and learn why, and how social emotional learning works – starting with yourself. Access key tools for practicing EQ yourself to model and support these essential skills for learners.

## **EQE 2: SEL Foundations**

Engage in the ground-breaking Self-Science method for SEL, a comprehensive, systemic, process-driven approach. Apply the actionable EQ model and access essential Self-Science SEL lessons to begin implementation.

## **EQE 3: EQ Competencies**

Expand and deepen your SEL curriculum by integrating the complete Six Seconds Emotional Intelligence Model of learnable, measurable competencies – and go deeper into the full scope and sequence of SEL.

**EQE** EQ Educator  
CERTIFICATION

**ICF**  
BUSINESS  
SOLUTIONS  
PROVIDER

 **sixseconds**  
THE EMOTIONAL INTELLIGENCE NETWORK

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.

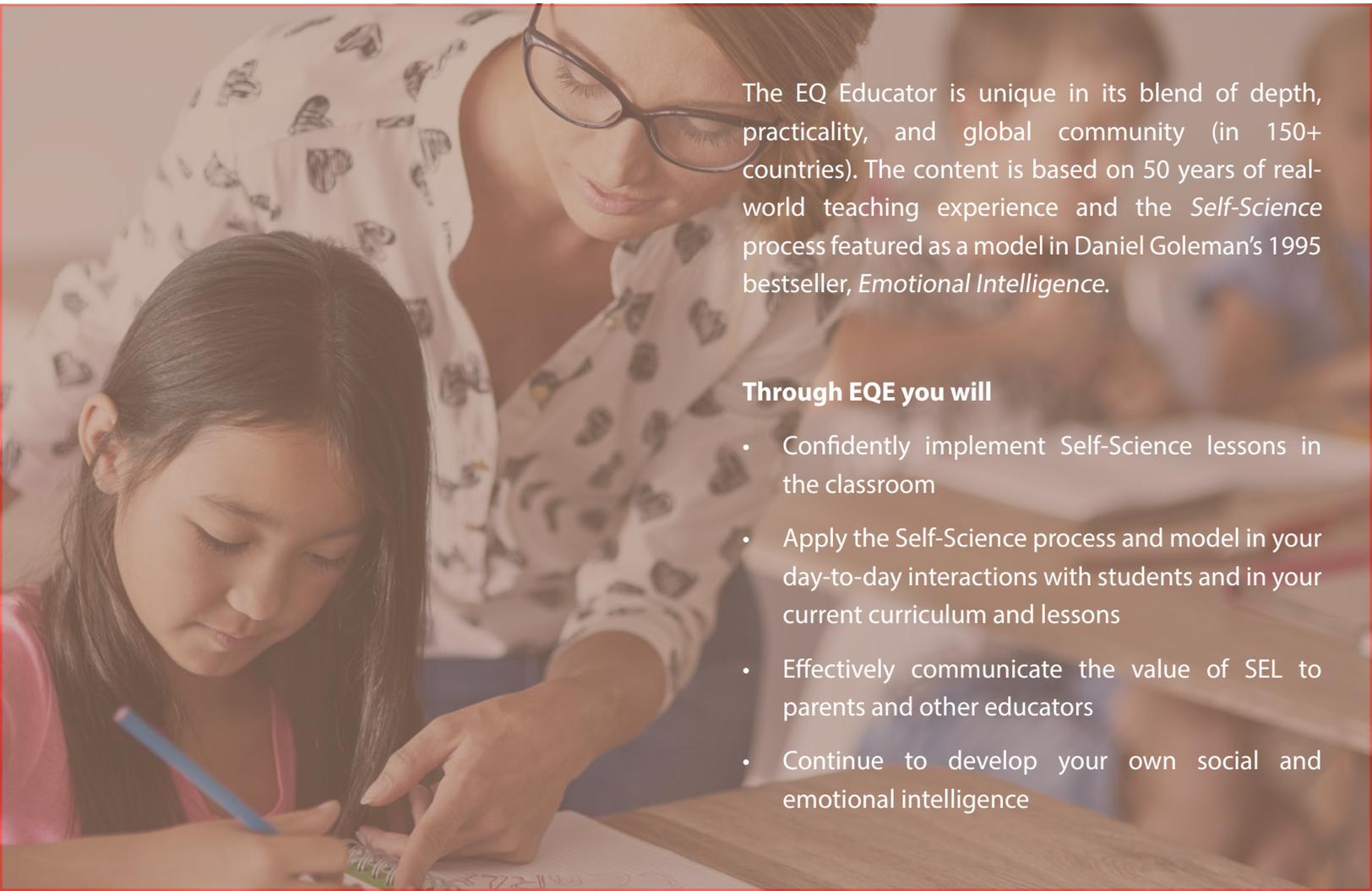
## What are the benefits of the EQE?

Teachers who include SEL in their classrooms report a more effective learning environment, better problem-solving skills, and stronger interpersonal connections – and they end up having more time to pursue all their instructional goals.

While most teachers see the value in teaching their students to effectively understand and manage emotions, few teachers have experienced this kind of learning themselves. As a result, even very experienced teachers have a limited number of strategies and techniques to systematically teach social and emotional skills.

An effective SEL program includes:

- A developmental, research-based curriculum for teaching the skills
- Processes for integrating the skills and concepts into the classroom
- Methods for making the SEL vocabulary and skills part of the school culture

The background image shows a teacher with glasses leaning over a desk to help a young girl with her work. The teacher is wearing a white patterned shirt and is pointing at something on the desk. The girl is wearing a pink shirt and is holding a blue pencil. The scene is set in a classroom with other students visible in the background.

The EQ Educator is unique in its blend of depth, practicality, and global community (in 150+ countries). The content is based on 50 years of real-world teaching experience and the *Self-Science* process featured as a model in Daniel Goleman's 1995 bestseller, *Emotional Intelligence*.

### Through EQE you will

- Confidently implement Self-Science lessons in the classroom
- Apply the Self-Science process and model in your day-to-day interactions with students and in your current curriculum and lessons
- Effectively communicate the value of SEL to parents and other educators
- Continue to develop your own social and emotional intelligence

"...the Self Science curriculum stands as a model for the teaching of emotional intelligence."

- Daniel Goleman

## What are the steps to certification and beyond?



“This was an excellent course. It helped me in many different ways, at a personal and professional level. This was inspiring. I would recommend it.”

Helen McVeigh, Chief Inspector of Schools, Cayman Islands

## How do I apply to join EQE?

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

**EQE1:** Virtual = €245. Includes starter kit and free library membership

**EQE2:** Virtual = €295. Includes 1 year library membership to access over 25 SEL lessons

**EQE3:** Virtual = €295. Includes 1 year membership to access over 50 SEL lessons

**In-house training:** Contact us to discuss EQE at your school or program and for school or district bundle pricing

### Contact

For questions about EQE in Europe, please contact:

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or

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

**Emotional Intelligence is being  
smarter with feelings**

“This course provided ample opportunities and materials to help me integrate the Six Seconds and EQ principles into my classroom, my advisory, and my overall philosophy of teaching. I will be grateful to the leaders and the program for the rest of my career.”

- Rod Jacobsen, English Teacher and Global Citizenship coordinator, The Thacher School, Ojai, California

## Who should attend?

EQE is designed for all educators including teachers, SEL coordinators, counselors, administrators, district representatives and leaders, afterschool programs, homeschool parents, school support staff– and is well suited to all parents who will be allies in growing SEL in the school.

### Certification requirements

The certification process is intended for professional educators. To complete the certification process, participants must complete online pre-work, attend the full program, 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, including 12 ACE units. For details on renewal, see [6sec.org/kb/ace](https://6sec.org/kb/ace)



“Excellent ‘hands-on’, experimental course to improve your EQ and that of people you impact. Must-do workshop for all leaders as the journey begins from the top.”

Sarojini Rao, Principal, Indus Int’l School, Bangalore, India

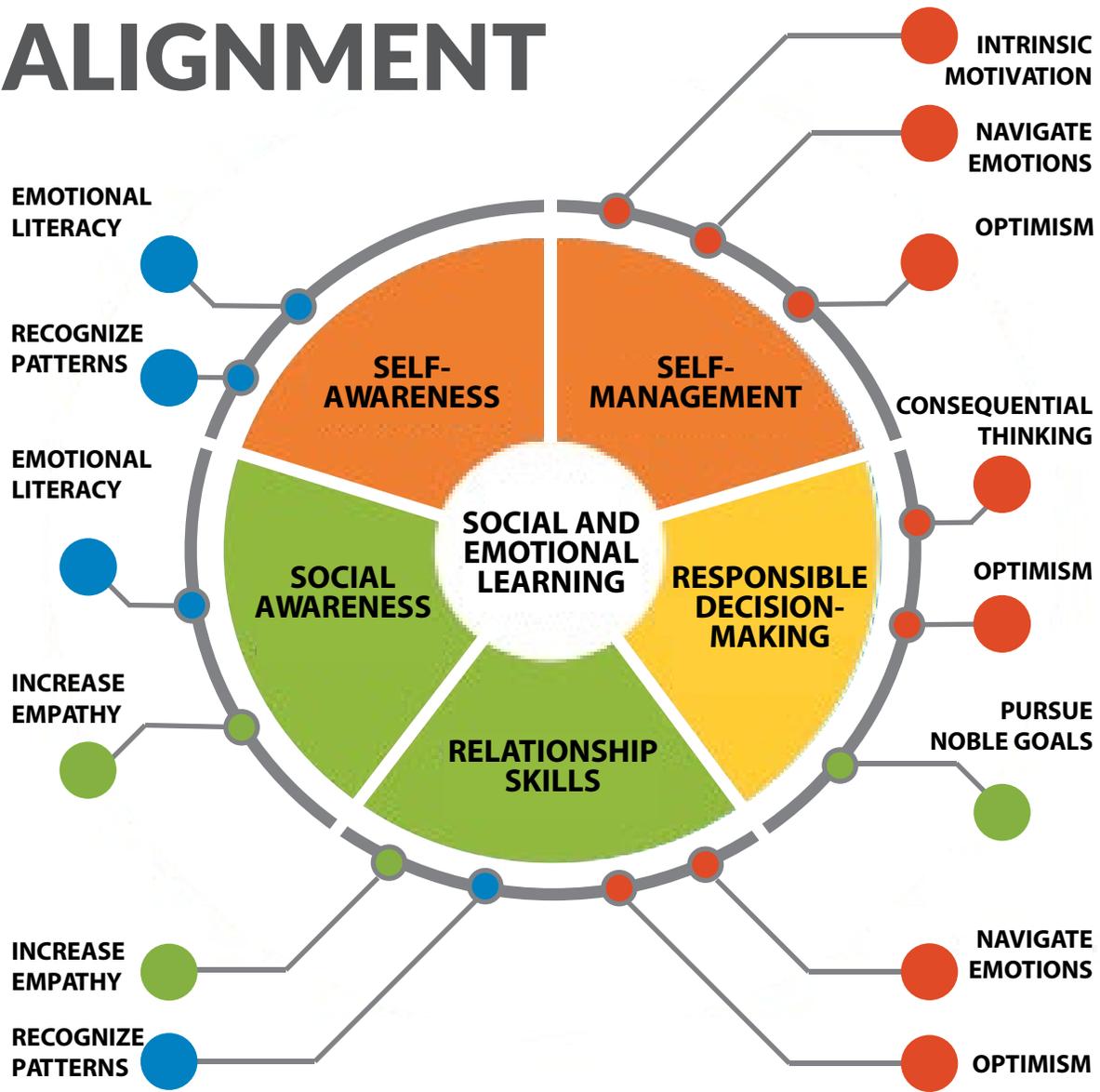
## What is covered in EQE?

- **Neuroscience of Learning and Emotion** – a basic understanding of the current science supports teachers to ensure that their implementation will be effective.
- **The Six Seconds Model of Emotional Intelligence** – an action-oriented process for using emotional intelligence, this learnable, measurable set of competencies is at the core of the program.
- **Principles of Self-Science** – an understanding of the program’s curriculum design, lesson structure, and scope and sequence creates a framework for implementation.
- **The EQ Classroom** – tools for classroom management, social problem-solving, and facilitation supports educators to create an optimal learning environment.
- **Measuring EQ** – a review of methods and tools for assessing program and individual success.
- **SEL Implementation** – practical experience with key skills demonstrates participants’ competence, and supports them to take next steps.
- **Post-program Coaching & Practicum** – small groups follow up on the training through coaching pods to track their progress and increase the transfer from training to action. To earn certification, participants complete a “practicum” project implementing the tools from the course and evaluating their effectiveness.

On completion, participants earn certification to use the Self-Science curriculum, a highly effective process for facilitating social-emotional learning.



# CASEL & SIX SECONDS ALIGNMENT



The Collaborative for Academic, Social, and Emotional Learning (CASEL) conducts and evaluates SEL research. Six Seconds assessments are recognized in the CASEL Assessment Guide. For more information: <https://measuringSEL.casel.org/access-assessment-guide/>

# The Complete EQ Solution



## Tools

**SEI YV** Youth Version\*

**SEI PYV** Perspective Youth Version\*

\*tools listed in CASEL for AWG

**Group Report** for Youth and Adults

**Profiles** for Youth

**Dashboard** for Teachers

**EVS** Educational Vital Signs

**Self Science** k-8 SEL Curriculum

**Six Seconds SEL Benchmarks**

## Training

**Brain Profiler Certification**

**EVS Certification**

**YVAC Youth Version Assessor Certification**

## Community

**Global SEL Educators**

Six Seconds community 200+ countries

**Six Seconds POP-UP Festival**

World's largest SEL event in partnership  
with UNICEF World Children's Day

# for Educators by Educators.

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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 & Educational Consultant

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](http://www.6seconds.org/about)

## What is Six Seconds all about?

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 **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 have offices and representatives in over 25 nations and our community reaches 200+ 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, non-profits, 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

