

“The practical demonstration of emotional intelligence competencies and clear explanations of research have helped me gain confidence and feel energized to implement SEL at my school.”

Meghan Magillan, Counselor, Sacred Heart School, California



# Certified SEL Specialist:

## Comprehensive curriculum, training, and evidence-based assessments to lead social emotional learning

While most educators see the value in social emotional learning, most 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, classrooms, and schools.

This certification pathway equips internal and independent specialists with one of the world’s only fully-integrated methodologies for SEL – with assessments & curriculum for every stakeholder.

**CSELS** CERTIFIED SEL  
SPECIALIST

**ICF**  
BUSINESS  
SOLUTIONS  
PROVIDER

 **sixseconds**  
THE EMOTIONAL INTELLIGENCE NETWORK

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

- Daniel Goleman

## What is this pathway about?

Schools that integrate SEL report a more effective learning environment, better problem-solving skills, stronger interpersonal connections, and stronger academic performance.

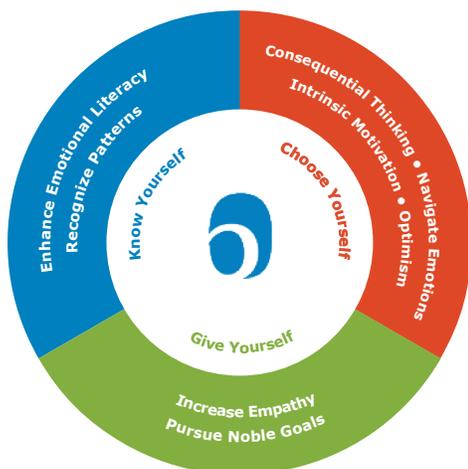
While most educators see the value in teaching their students to effectively understand and manage emotions, few teachers have experienced this kind of learning themselves. As a result, even very experienced teachers have a limited number of strategies and techniques to systematically teach social and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

Certified SEL Specialists are equipped to implement an effective SEL program with:

- A developmental, research-based methodology and curriculum for teaching the skills.
- Culturally responsive processes for integrating the skills and concepts into the classroom and school.
- Robust measures for students, adults, and overall school climate.
- Methods for making the SEL vocabulary and skills part of the school culture.

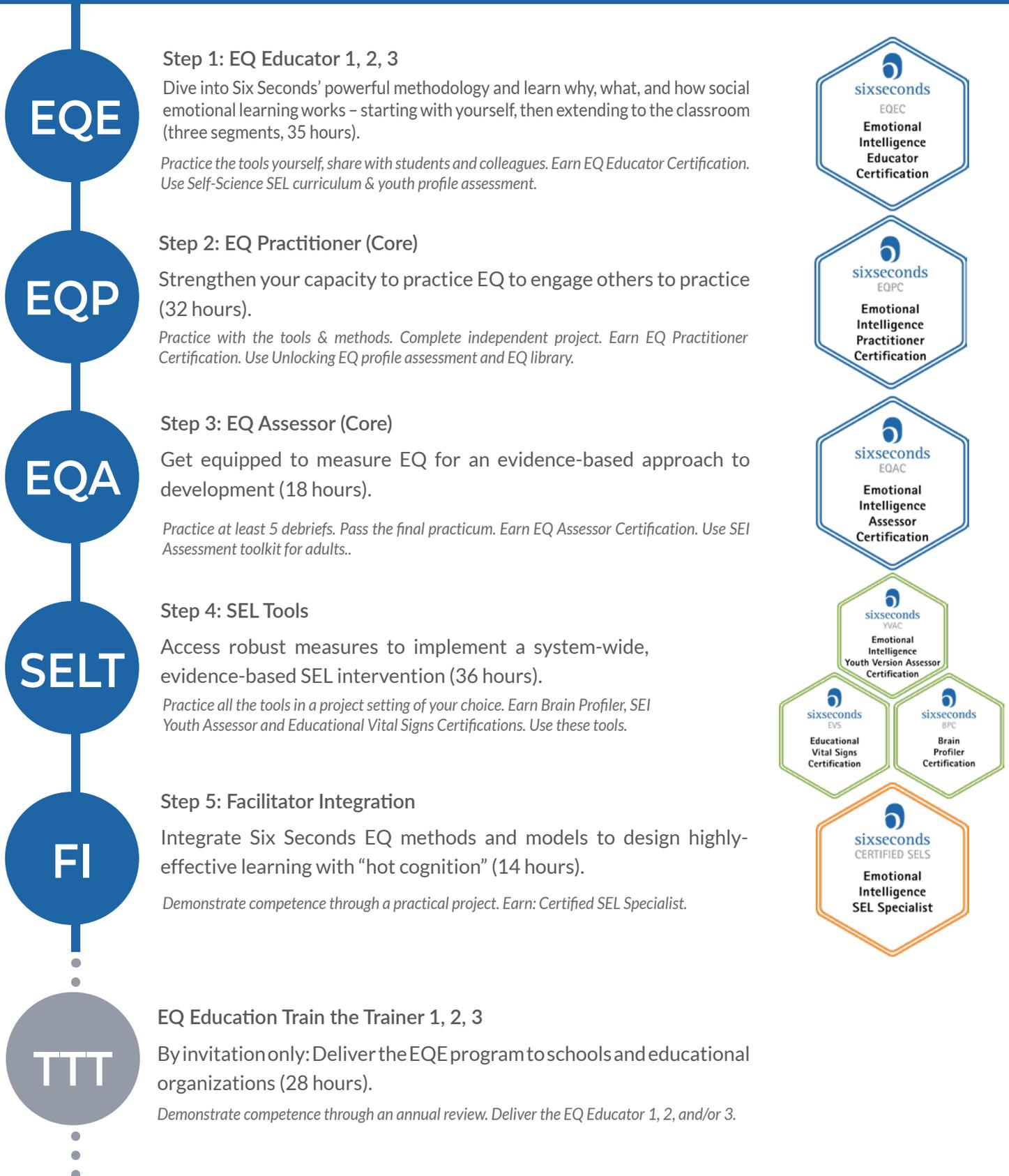
At present, Six Seconds is the world's only SEL provider offering a COMPLETE toolset to meet the implementation standards recommended by current research – with integrated measurement tools, curriculum, and methodologies for all ages and stakeholders, and with a global, cross-cultural, equity-centered approach. Become a Certified SEL Specialist to bring this toolset to your own school(s) as an SEL Director and/or to your clients as a consultant:

- Deploy state-of-the-art assessments and equity-oriented SEL learning tools for youth and adults.
- Integrate SEL into academics and/or cocurricular programs.
- Train educators to build capacity for SEL.
- Design strategies to bring SEL to all stakeholders (students, parents, educators, leaders and other community members).
- Grow emotionally intelligent leaders across the institution to create and maintain an SEL ecosystem.
- Create a custom program that is culturally-aligned and serves a school's unique mission and values, with metrics and feedback for continuous cycles of improvement.



“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

# What are the steps to certification?



**EQE**

## Step 1: EQ Educator 1, 2, 3

Dive into Six Seconds’ powerful methodology and learn why, what, and how social emotional learning works – starting with yourself, then extending to the classroom (three segments, 35 hours).

*Practice the tools yourself, share with students and colleagues. Earn EQ Educator Certification. Use Self-Science SEL curriculum & youth profile assessment.*



**EQP**

## Step 2: EQ Practitioner (Core)

Strengthen your capacity to practice EQ to engage others to practice (32 hours).

*Practice with the tools & methods. Complete independent project. Earn EQ Practitioner Certification. Use Unlocking EQ profile assessment and EQ library.*



**EQA**

## Step 3: EQ Assessor (Core)

Get equipped to measure EQ for an evidence-based approach to development (18 hours).

*Practice at least 5 debriefs. Pass the final practicum. Earn EQ Assessor Certification. Use SEL Assessment toolkit for adults..*



**SELT**

## Step 4: SEL Tools

Access robust measures to implement a system-wide, evidence-based SEL intervention (36 hours).

*Practice all the tools in a project setting of your choice. Earn Brain Profiler, SEI Youth Assessor and Educational Vital Signs Certifications. Use these tools.*



**FI**

## Step 5: Facilitator Integration

Integrate Six Seconds EQ methods and models to design highly-effective learning with “hot cognition” (14 hours).

*Demonstrate competence through a practical project. Earn: Certified SEL Specialist.*



**TTT**

## EQ Education Train the Trainer 1, 2, 3

By invitation only: Deliver the EQE program to schools and educational organizations (28 hours).

*Demonstrate competence through an annual review. Deliver the EQ Educator 1, 2, and/or 3.*

“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 International School, Bangalore, India

# Step 1: EQ Educator 123

The journey toward Certified SEL Specialist starts with the three modules of the EQ Educator Certification.

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.

## Who should attend

EQE is designed to bring together all stakeholders (including teachers, SEL coordinators, counselors, coaches, administrators, support staff, after-school teams) and is well-suited to parents who will be allies in growing SEL in the school.



### EQE 1: Educator EQ

Dive into Six Seconds' powerful tools and methods and learn why, what, & how social emotional 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 engaging Self-Science SEL lessons.

### EQE 3: EQ Competencies

Expand and deepen your SEL curriculum by integrating the complete Six Seconds Emotional Intelligence Model of learnable, measurable competencies, and access the full Self-Science curriculum.

“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

## Steps 2 & 3: EQ Core

To be effective as a Certified SEL Specialist, the “Core” certifications provide a deep understanding of how to grow and measure emotional intelligence.

Through EQ Practitioner 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.

In the EQ Assessor 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 Change MAP.
- Enhance and leverage your own emotional intelligence.

### Who should attend

The course is designed for anyone serious about spreading emotional intelligence, starting with themselves. Practitioners (people involved in learning and development in K12, higher ed, community orgs, corporations and government agencies from 150 countries) come to bring Six Seconds’ approach to their work and lives.

#### EQPC: EQ Competencies in Depth

Develop an in-depth understanding of emotional intelligence as you gain new tools to apply immediately to fuel positive change at school – starting with yourself. You will be able to effectively utilize a large range of EQ development tools yourself, and in your work.

#### EQAC: Measure EQ Competencies

Get better results on the “people-side” using the SEI assessments, a complete toolset to measure and develop the key drivers of performance. The SEI assessments support professionals to Unlike other psychometric tools with an abstract diagnosis, SEI provides practical feedback and a process for action.



EQ Practitioner & EQ Assessor are also part of Six Seconds’ EQ Coach Certification, accredited by the International Coaching Federation.

“This was a truly life changing opportunity. I have learned, will continue to learn and willingly share.”

Adi Rosaline Bower, Teacher

## Step 4: SEL Tools (SELT)

The next steps toward Certified SEL Specialist are to expand your toolbox for SEL program evaluation and monitoring.

SEL specialists use these assessments to...

- Advise counselors and teachers on targeted instruction using student self-report data.
- Identify SEL competencies and success factors as strengths for individualized education plans.
- Use data to guide parent meetings and allow for customized home interventions.
- Train teachers to use their own EQ profiles, in combination with the classroom Dashboards, to foster a positive learning environment.
- Monitor institutional progress in advancing goals for school climate with all stakeholders.
- Use qualitative and quantitative data to inform strategy promoting school environment with trust, connection, commitment, growth, and accountability.

### Tools included

YVAC: In-depth EQ assessments for youth - SEI-YV (ages 7-18), SEI-pYV (all ages); custom Group Report; group datasets.

BPC: Summary EQ assessment for adults and youth - Brain Brief Profile, Brain Talent Profile, Brain Discovery Profile (adult only), Group Dashboard.

EVS: School climate assessment suitable for classroom, school, system-wide feedback from all stakeholder groups.

### Who should attend

These courses are ideal for consultants, trainers, counselors, coaches, psychologists, and administrators working in elementary through higher education and in community organizations/agencies.

#### YVAC: Youth-Version Assessor

This elearning course supports participants in interpreting, administering and debriefing the Assessments for Youth in the school, family or social setting. Attend this elearning course and meet your facilitator who will support your journey during your Practicum and beyond.

#### BPC: Brain Profiler Certification

The Brain Profiles distill the power of an advanced emotional intelligence assessment tool into one page for compelling, quick, meaningful insight. They are ideal to make EQ into a practical vocabulary in a wide range of learning & development programs.

#### EVS: Education Vital Signs

Start with a school climate survey that is highly customizable for your school setting. Learn the value and how to set-up, administer, and debrief this survey with your school. Attend this elearning course and meet your facilitator who will support your journey during your Practicum and beyond.

“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, USA

## Step 5: Facilitator Integration

The final stage of the pathway is for SEL leaders who blend expertise in assessments, program design, and educator training.

Through FI you will...

- Apply Six Seconds' Change Map as a structure for designing transformational learning.
- Facilitate effective delivery of learning for all Brain Styles.

### FI: Facilitator Integration

How do you effectively apply the EQ tools & methods to your work as a facilitator? How do you design learning using Six Seconds' methods? Join the Facilitator Integration to design more powerful learning.

### CSELS: Certified SEL Specialist

After completing the steps of this pathway, you'll be among a handful of professionals in the world with the advanced designation of Certified SEL Specialist.

This professional designation will position you as an expert with the skills, experience & tools to lead SEL implementation.

### EQE TTT: Educator Train-the-Trainer

By invitation only - working closely with Six Seconds' education leaders, you will prepare to deliver the EQ Educator training, starting with EQE1. You will then co-present the training, get feedback, grow your expertise, and demonstrate competence. Then you complete the process for EQE2 and EQE3.

- Deliver the EQ Educator Certification in-house for schools, universities, and youth programs.
- Equip educators with a robust approach for SEL starting with adult development to increase capacity for a holistic approach to SEL.
- Able to grant access to an extensive Self-Science library - one of the world's first SEL curricula - as well as the Unlocking EQ Profile.
- Serve as a school's, university's, or organization's primary liaison with Six Seconds for training and assessment needs.



“Six Seconds has provided excellent tools and resources that helped me navigate my emotions during this challenging year 2020. I would highly recommend them to those serious about knowing, choosing and giving self.”

Sharon Howell, Barbados Center for SEL

## How do I apply to join?

Schedule & application to register: [6sec.org/events](https://6sec.org/events)

EQE1: €245, includes starter kit

EQE2: €295, includes access to “Self-Science Foundations” with over 18 SEL lessons

EQE3: €295, includes 1 year access to Unlocking EQ Youth assessments and the full Self-Science curriculum of >65 lessons

EQPC: €2595, includes robust toolbox for EQ development

EQAC: €1995, grants access to use the SEI tools with adults\*

YVAC: €295, grants access to the youth SEI assessments\*

BPC: €595, grants access to Brain Profiles including Classroom Dashboard\*

EVS: €295, grants access to use the school climate assessment\*

FI: €395, equips you with templates for learning design

\* includes license to purchase assessments for each use

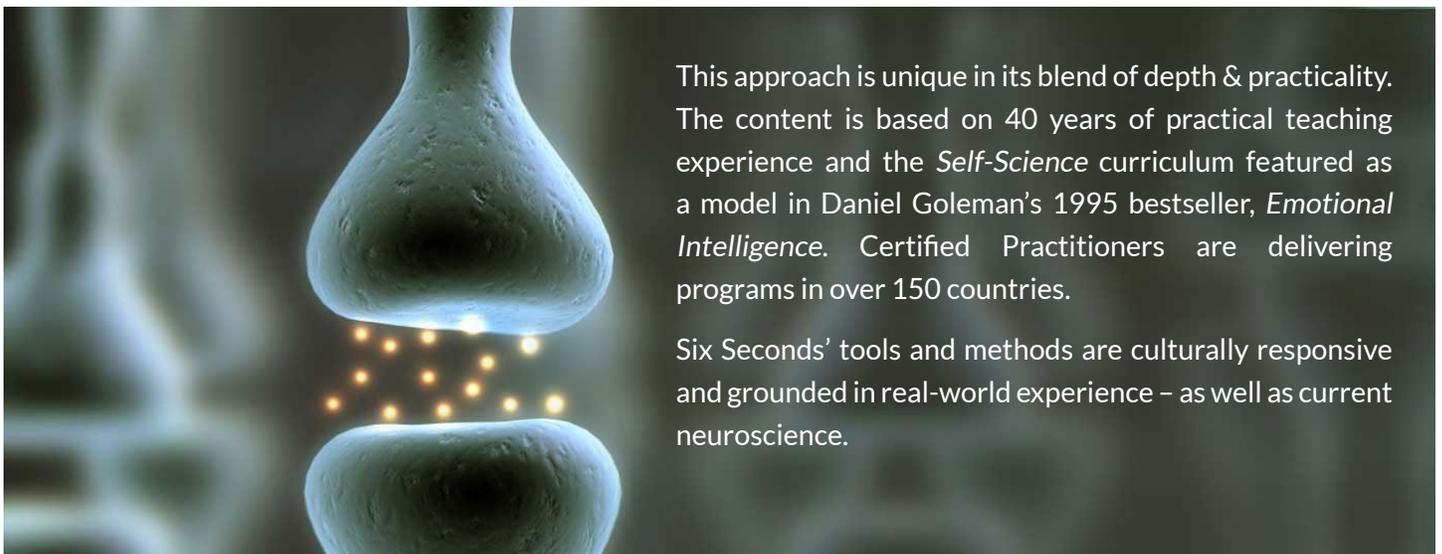
For registration & questions...

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

### Certification requirements

The certification pathway is intended for established professionals. To complete each step of the certification process, participants must complete all online pre-work, attend the full program, demonstrate competence with the methods and tools, and follow the terms of certification license (see: [6sec.org/certlicense](https://6sec.org/certlicense)).

Please review [6sec.org/renewal](https://6sec.org/renewal) for the annual renewal requirements.



This approach is unique in its blend of depth & practicality. 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.

Six Seconds’ tools and methods are culturally responsive and grounded in real-world experience – as well as current neuroscience.

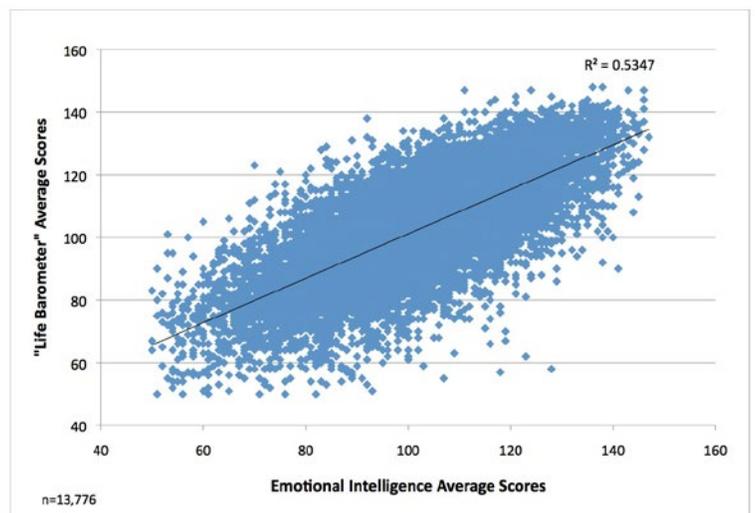
A social-emotional learning (SEL) program supports students to be more effective in navigating the complexities of their daily lives by teaching and modeling a learnable set of skills proven to increase academic and life success.

## Why is SEL important?

As shown in the graph below, emotional intelligence, or EQ, is strongly linked to critical outcomes for school and life success. EQ skills are measurable, learnable, and effective.



This graphic shows the five key factors, or "Barometers of Life," to create academic and life success. These are measured by the SEI-Youth version.



In this global sample of 13,776 students, 53% of the variation in "Barometers of Life" success factors is predicted by EQ scores. Source: A Case for Emotional Intelligence in our Schools 2016 – [www.6seconds.org/case](http://www.6seconds.org/case)

# Emotional intelligence is being **smarter with feelings.**



For 20 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.

# What's in the toolkit?

## CASEL, RAND, CREIO

Since 2018, the SEI-YV and SEI-pYV have been listed as a reputable assessment by the Collaborative for Academic, Social, and Emotional Learning (CASEL). Six Seconds has two of the only 28 assessments meeting the threshold criteria for acceptance to CASEL's SEL Assessment Guide.

In addition, both the SEI-YV and SEI-pYV are tools listed in the RAND Education Assessment Finder.

SEI is also listed as one of the assessments recognized as meeting the research requirements of the Consortium for Research on Emotional Intelligence in Organizations (CREIO).

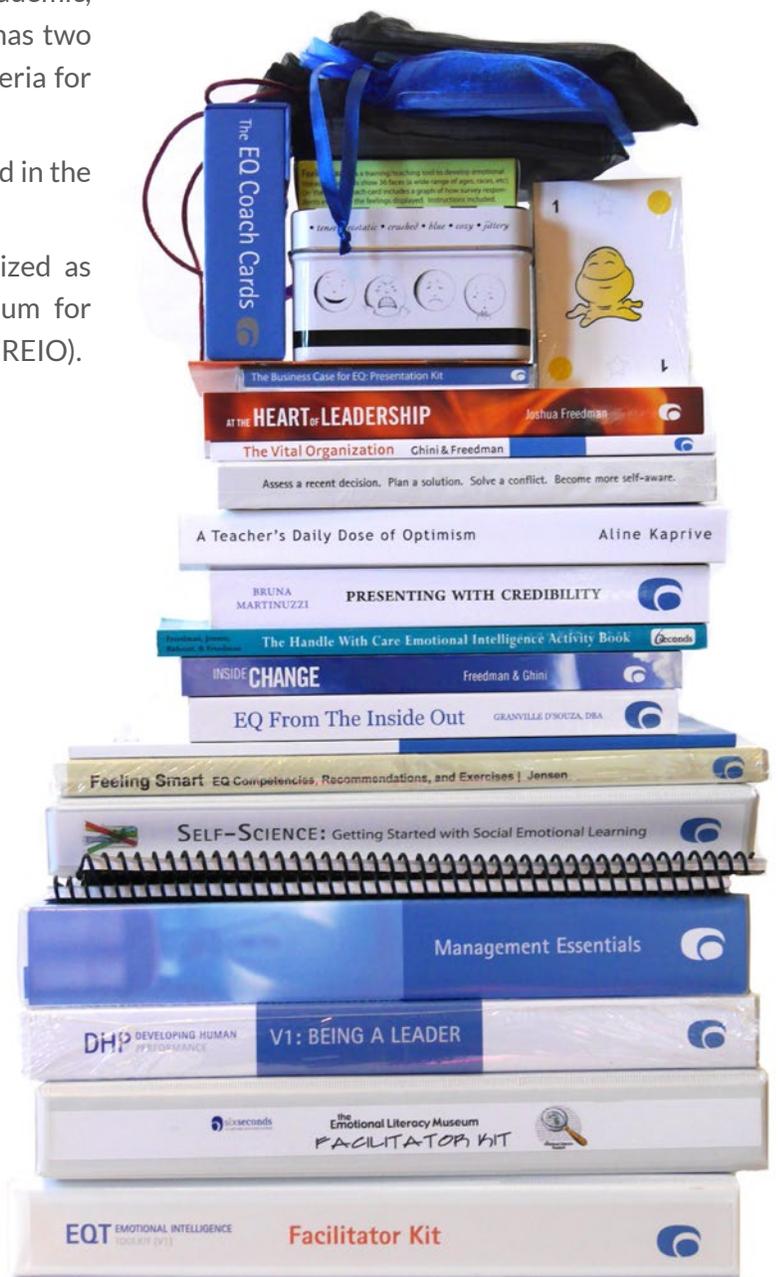
## Related Materials

The Six Seconds Models & Methods are part of a robust system for putting emotional intelligence into action. The methodology is supported with a complete range of assessment tools plus books, curricula, training materials, apps, and in-depth training. For related tools, games curricula, etc, see [EQstore.com](http://EQstore.com)

See the case study library at [6sec.org/cases](http://6sec.org/cases) for examples of the efficacy of this approach.

## Toward Mastery

As the world's leading experts on implementing emotional intelligence, Six Seconds offers an extensive range of certification training, Accredited Continuing Education (ACE), and programs to support our members for ongoing development.



“Six Seconds provides me with the opportunity to learn about myself and how I can relate to others.”

Rolla Khaddage, Education Consultant, Beirut, Lebanon



## How to implement SEL?

To effectively implement social emotional learning, and teach the essential skills of emotional intelligence, Six Seconds has identified best practices in three key “strands”:

1. Everyone in the school is developing their own EQ skills.
2. EQ is integrated into the classrooms to enhance academic learning.
3. The whole school uses EQ to build a thriving learning community.

The Benchmarks for SEL provide a roadmap to a great place to learn:

Strand one: EQ Development	Strand two: Extend EQ into the Classroom	Strand three: Integrate EQ into the School
<ol style="list-style-type: none"><li>1. All people in the school community learn &amp; practice EQ.</li><li>2. Train educators in SEL.</li><li>3. Measure EQ to support individual growth.</li></ol>	<ol style="list-style-type: none"><li>4. Support teachers' effective practice with EQ data.</li><li>5. Enhance academic learning with EQ.</li><li>6. Build positive classroom communities with EQ.</li></ol>	<ol style="list-style-type: none"><li>7. Create annual SEL plans.</li><li>8. Make EQ visible in school.</li><li>9. Guide implementation with a robust school climate assessment.</li></ol>

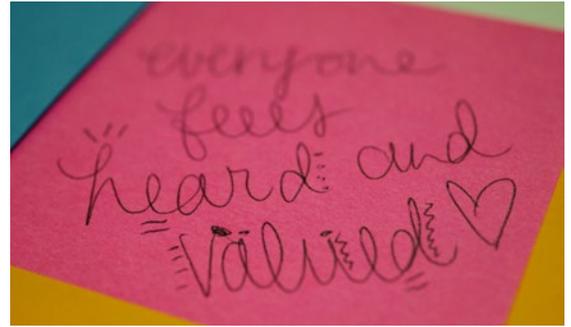
*See [6sec.org/sel](https://6sec.org/sel) for benchmarks in each area and a rubric to assess implementation*

Six Seconds has found that in order to effectively support students and families to practice emotional intelligence, teachers need the training and support to do so themselves. The first strand, EQ Development, equips and empowers teachers-as-changemakers to measurably deepen their own EQ skills and those of their students. The following strand, Extend EQ into the Classroom, integrates these skills into the classroom climate and academic instruction to create a vibrant and inclusive learning community. The third strand, Integrate EQ into the School, guides the school to create a holistic environment where all the members feel connected and thrive.

Six Seconds will support you in developing a customized SEL implementation process. We deliver transformational training for educators, tools to measure EQ in adults and youth, school climate assessments, and extensive resources. These ingredients are key to any comprehensive, evidence-based approach to SEL.

“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, South Africa



## 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. 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 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.

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



“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

