



# 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.

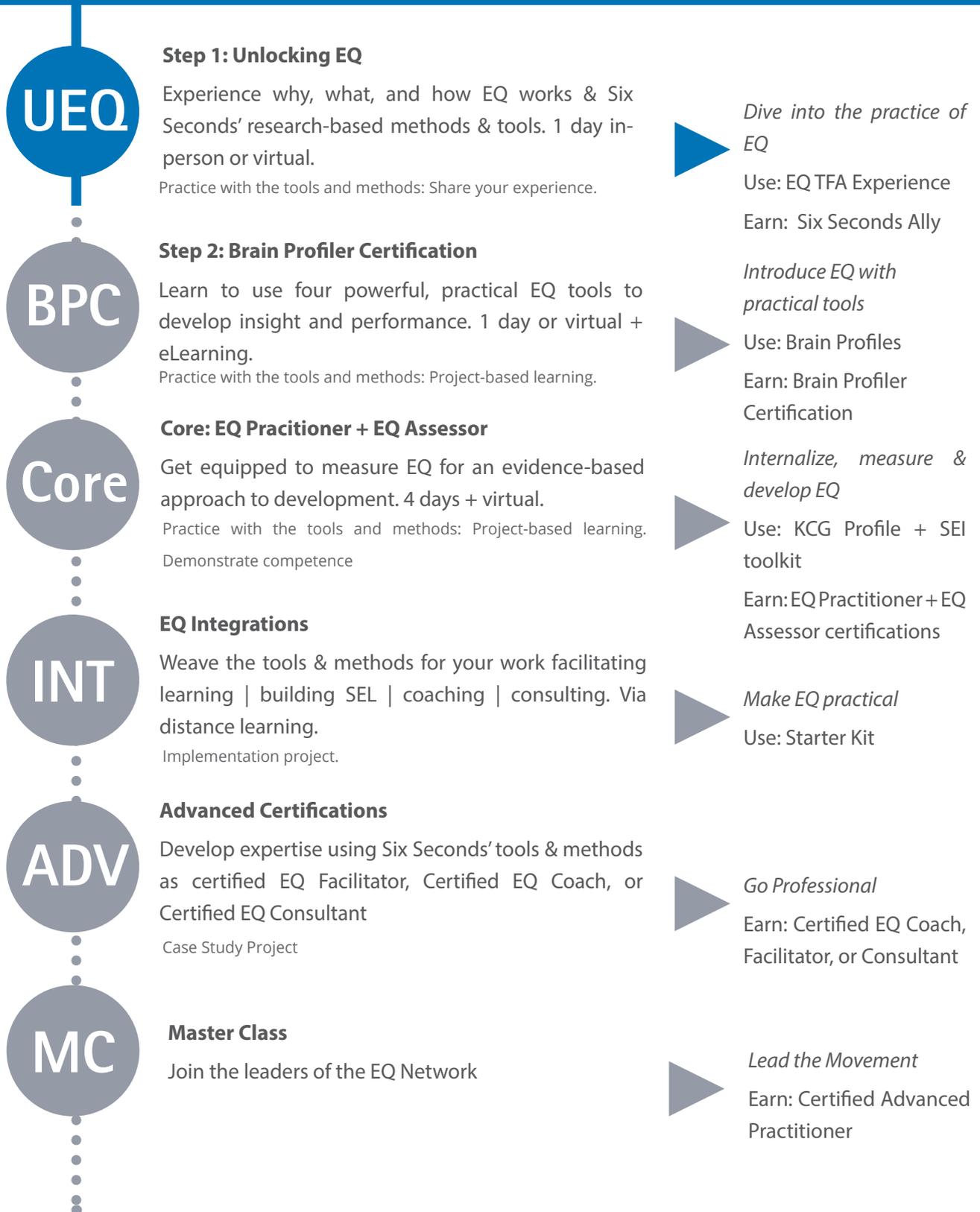
*"One of the very best tools to develop yourself as a leader, a parent and in life."*

- Nehad Tadros, Global Director of Leadership Development and Coaching, Aramex

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



"A course which is a wakeup call into 'why we do what we do.'  
An experience to be cherished and shared with the world."

Conrad John, L&D Lead Specialist, Fedex

## 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 Cards to introduce EQ and to use EQ to solve specific challenges. Your TFA Cards are a gift to take home to 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](http://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 the EQ Practitioner course.

Apply to register: [Register](#)

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

Course fee for UEQ in-person : R5000

**Early bird discounts:** A limited number of seats available at additional discount if booked and paid 60 days ahead for in-person session. Contact us!

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## 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 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 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.

Learn more:

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



"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

