

Emotional Intelligence Certification

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AED2000!

Building Capacity for EQ Transformation

Learn from the leaders in the field how 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.

24-28 October, 2010, Amman



"I considered many EQ certification programs – this is the only one that promised a process I could use and adapt rather than just a script to follow. It delivered far more than promised. The course challenges you to grow and creates both commitment and resources."

- Jodie Minor
Training Director, Deluxe

"The most meaningful and practical training I have ever attended."

- Jennifer Kennett - Director,
Elements Wellness Centre

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

A recent group said the program increased their EQ toolbox by 313%, and when asked if the course would help them improve performance at work, they said it was 10 out of 10

(see web site for evaluations).

Certification Benefits

In this course you will...

- Understand the powerful “Know Yourself, Choose Yourself, Give Yourself” model and approach to increasing and applying EQ.
- 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 & teaching.
- Review the latest research on the brain, emotions, and performance.
- Strengthen your own emotional intelligence.

Five full days of hands-on, dynamic instruction, activities, practical projects, networking, laughter, and learning. This workshop is highly active, brain-based, and experiential. The content is based on 35 years of practical teaching experience and the *Self-Science* curriculum featured as a model in Daniel Goleman’s 1995 bestseller, *Emotional Intelligence*. Certified Associates are delivering programs in over 20 countries and all US states.

After completing certification, you are licensed to use the tools, modules, and models from this course...

- For your own development
- With your colleagues / team members
- With clients / students / small groups

Notes:

To deliver Six Seconds’ training modules, also attend the EQ Trainer Certification.

Royalties apply when Six Seconds’ content is used for profit.

“Emotional intelligence isn’t a luxury you can dispense with in tough times. It’s a basic tool that, deployed with finesse, **is key to professional success.”**

– Harvard Business Review, April 2003



Emotional intelligence (“EQ”) is the ability to use emotions effectively, and it’s the foundation of high-performing relationships. This course builds your capacity to develop this core capacity.

“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)

Model



The Six Seconds Model of EQ-in-Action begins with three important pursuits: to become more aware (noticing what you do), more intentional (doing what you mean), and more purposeful (doing it for a reason).

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

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.

The course follows this model, however, the focus is on development so those who use other models (e.g., BarOn, Mayer-Salovey, Goleman) are able to apply Six Seconds’ methodology irrespective of theoretical model.



The Six Seconds EQ Model

- **Know Yourself:** Clearly seeing what you feel and do. Emotions are data, and these competencies allow you to accurately collect that information.
- **Choose Yourself:** Doing what you mean to do. Instead of reacting “on autopilot,” these competencies allow you to proactively respond.
- **Give Yourself:** Doing it for a reason. These competencies help you put your vision and mission into action so you lead on purpose and with full integrity.

Within these three “pursuits” are eight specific, measurable, learnable competencies that drive performance at work, at home, at school, and in life.

The seminar 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.

Agenda

Course Outline (by day)

Day 1

Why EQ? What are the benefits of emotional intelligence? How do these competencies drive performance, leadership, learning, and effective decisionmaking?

Defining EQ. There are many different definitions of emotional intelligence – what does it really mean? How does Six Seconds put this science in action?

Know Yourself: Emotional Literacy. How do people gain the vital power and information contained in feelings?

Day 2

Know Yourself: The Brain. What's the neuroscience behind emotional intelligence, and how do I use a Six Second Pause to shift out of reaction?

Know Yourself: Patterns. What keeps people repeating dysfunctional behaviors, and how do we change that?

Day 3

Choose Yourself: Consequential Thinking. How do I use emotions to help me make optimal decisions? How can I help others see this linkage?

Choose Yourself: Optimism. What skills to empower people to take charge of their futures in the face of stress and change?

Choose Yourself: Navigate Emotions. How do I transform emotions to move forward? How can I explain the cycle of reaction and help people navigate out of reaction and into balance?

Day 4

Give Yourself: Empathy. What does it take to really connect with someone, understand them, and build a solid foundation?

Give Yourself: Noble Goals. What is my purpose and how do I put that in action? How can I help people discover their sense of purpose and assist them to live that in their daily lives?

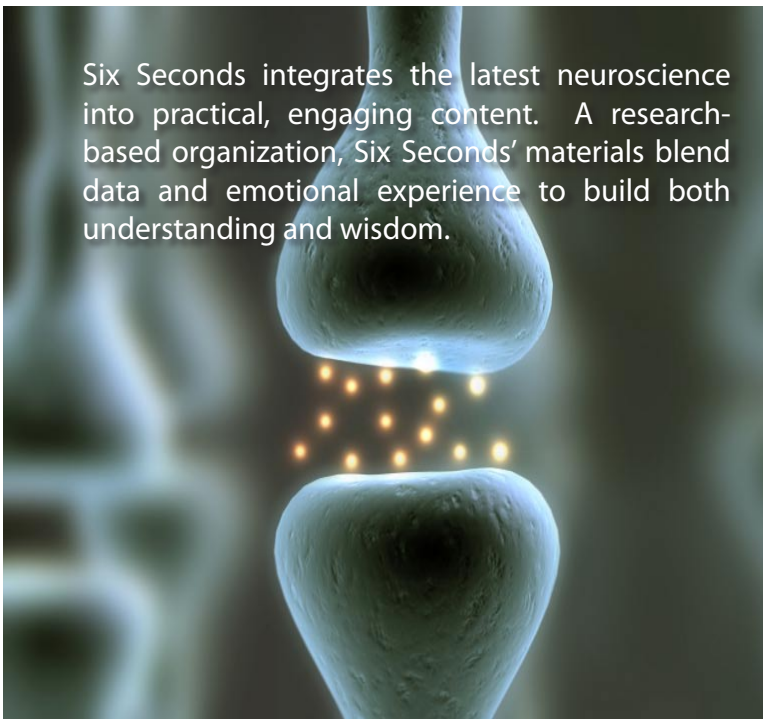
Day 5

Synthesis. What are the most essential concepts from this week for me, my family, colleagues, and clients?

Into Action. How do I apply these insights into my work and life? What are my next steps?

Post Course

Application. 1:1 or small group coaching to complete certification; four sessions by phone to integrate and apply tools. Complete practicum project and report.



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.

“A best-in-class process to bring EQ concepts to life ...”

- Cynthia Ng, SVP Learning and Development HSBC

“This is the most worthwhile course I have attended. It has given me permission to focus on building and strengthening myself so that in turn I can strengthen my relationships and my organization.”

- Catherine Utian, Director, Organizational Development and Learning,
Banner Good Samaritan Regional Medical Center

Registration

Dates: 24–28 October, 2010, Amman (or see www.6seconds.org/training)

Register using the attached form or online: www.6seconds.org/training/regform.html

Investment:

AED 10,895 includes course materials, coffee/tea, lunches, and basic subscription to the Cert Intranet (including listing on the web site and selected resources)

Advance: 60 days pre-course: AED 8,895 | **Early:** 30 days pre-course: AED 9,895

Group: teams of 3 or more registering and paying together: 10% discount (per person)


Payments: If you prefer, you can pay the course fee in four monthly installments (no interest).

Who should attend

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

Contact

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“This course gave me the tools to use to elevate the performance of people in my hospital.”

– Tim Woods,
Training and Development
Specialist, University Hospital

Become a Six Seconds Certified Associate to show your understanding of our powerful model and pedagogy. Six Seconds is a rapidly growing international organization. The first global organization providing EQ certification (since 1997), Six Seconds is increasingly recognized as the premier global provider of emotional intelligence advocacy, training, and materials.

Certification Benefits

The Practitioner Certification process is intended for professionals skilled and qualified in training, consulting, coaching, and education.

Active Certification requires:

1. successful completion of the course
2. post-course coaching to support implementation (four hours 1:1; \$500 additional fee)
3. practicum (delivering and documenting training utilizing materials and models from the course)
4. renewal every two years:
 - o Document 30 hours of continuous learning through Six Seconds' free teleclasses, events, refresher training, or additional training
 - o \$100 admin fee
 - o Interview with a Six Seconds staff member

As a Certified Associate, you receive important benefits in your work:

- Identification with the premier international EQ organization
- Ongoing professional development
- Access to network team members, including opportunity to bring our staff to co-present with you
- Powerful training and education tools
- Subscription to the Six Seconds Certified Intranet including content to use with schools, families, and organizations
- Support from membership in a worldwide network of EQ practitioners
- Promotion of your work through our web site

As a certified associate, you are entitled to use Six Seconds' materials and procedures for your own development and in working with colleagues and clients (license fee applies). You also have the opportunity to develop an ongoing relationship with the organization and work to present "Six Seconds Training" in association with our network and our Master Trainers.

Following the training, you will receive a Basic subscription to Six Seconds Certified Intranet. You can upgrade to Gold (\$200/year) or Platinum (\$300/year) to access additional resources and marketing tools. Platinum members also have permission to use the content from the training and Cert Intranet without royalty fees.



Six Seconds provides a complete range of Certification programs. This course is an important foundation for those serious about this work.

This is not an “introductory” course though – it’s designed for people with a hunger for positive change.

Certification Options

Trainer Pathway

this course

EQ Certification

Transformational experience with Six Seconds Model and methodology. Access key tools to develop own and others' EQ; deep understanding of model.

Post-Cert Coaching and Practicum

Advanced EQ Trainer

Practice-based experiential program. Prepare to deliver using Six Seconds' learning methodology.

Post-Cert Coaching and Practicum

Advanced Assessment

Virtual training programs to utilize the SEI 360, SEI Youth, Organizational Vital Signs, and other tools.

Post-training Practicum

Advanced Practitioner

In-depth Master Class process for focused learning. Expertise with key tools plus support to build practice.

Master Trainer

On-the-job training and coaching. Prepare to lead certifications.

Educator Pathway

EQ Educator

Practical training to effectively facilitate social-emotional learning and integrate the tools into the classroom.

Optional Implementation Coaching

this course

EQ Certification

Transformational experience with Six Seconds Model and methodology. Access key tools to develop own and others' EQ.

Post-Cert Coaching and Practicum

EQ School

Blended program to improve the learning environment by measuring and enhancing school climate.

Post-training Practicum

Advanced EQ Trainer

Practice-based experiential program. Prepare to deliver using Six Seconds' learning methodology.

Post-Cert Coaching and Practicum

Advanced Practitioner

In-depth Master Class process for focused learning. Expertise with key tools plus support to build practice.

Change Leader Pathway

Inside Change

Blended learning program to apply the Change MAP to effectively manage the people-side of leadership.

Includes Coaching and Practicum

Inside Change Certification

Blended consultant development program. Prepare to bring others through the Change MAP process.

Post-Cert Coaching and Practicum

this course

EQ Certification

Transformational experience with Six Seconds Model and methodology. Access key tools to develop own and others' EQ.

Post-Cert Coaching and Practicum

Change Leader

In-depth coaching/training process. Mastery of EQ Change tools; integrate EQ with strategic skills and apply to organizational and community change.

Schedule of upcoming public courses:
www.6seconds.org/training

For in-house programs contact us:
www.6seconds.org/contact

Six Seconds is a global organization supporting people to make a positive difference -- everywhere, all the time. The members of our network work in every sector of society engaging leaders to develop and use emotional intelligence to create places where people can truly excel.

Amman • Beijing • Bologna • Brisbane • Dubai • Kuala Lumpur • Singapore • San Francisco


Six Seconds

Six Seconds is a 501(c)3 not-for-profit organization with offices around the world. With extensive experience in training and education, Six Seconds' programs are hands-on, engaging, and transformational.

Six Seconds developed the EQ-in-Action model in 1997 to help people put the theory of emotional intelligence into practice. The model draws on the work of Peter Salovey, Ph.D. (one of Six Seconds' advisory board members), and John Mayer, Ph.D. who first defined EQ as a scientific concept. It also builds on the five components of EQ popularized by Daniel Goleman in his 1995 book, Emotional Intelligence, which endorses Six Seconds' EQ curriculum, Self-Science. The model integrates leading thinking on this emerging science into a practical, usable, memorable structure.

The first global organization providing certification to recognize professionals who work in emotional intelligence development, Six Seconds has trained over 2500 trainers, teachers, counselors, and HR professionals to put EQ in action. Members of the network work in over 80 countries, and the organization has offices in six nations.

Six Seconds' experts apply the science of emotional intelligence to improve almost every aspect of human endeavor. From schools where children love to learn, to corporations where people thrive, to prevention programs saving lives. Six Seconds' tools are life-changing and invite people to take ownership of a positive future.



"Whatever change you'd like to make in life or work, EQ will help you do that. Six Seconds will help you master EQ skills. Therefore, when you think of change in life, organizations, communities, Six Seconds can certainly help you."

- Nusantoro Nugroho, Training Manager,
Sheraton Surabaya Hotel Towers, Indonesia

EQ Certification Registration

Please fax this form to: +971 4 429 0994 or email hussein@6seconds.org

Name:	Employer / Organization:
Job title:	Mailing address:
E-mail address:	
Phone number:	City, State, Zip, Country:

Date and Location:	Note:
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What are **2-4 of your organizational objectives** in attending this program?

What are **2-4 of your personal/professional objectives** in attending this program?

Please provide a **1-liner bio**

Payment Method	Amount: AED _____
<input type="radio"/> Cash	
<input type="radio"/> Cheque - made payable to Dynamic Learning FZ-LLC	
<input type="radio"/> Bank Transfer - HSBC, Main Branch, Dubai, A/C Dynamic Learning, # 020-652962-001, Swift Code BBMEAEAD	

Cancellation, Refunds, and Confirmation

Full payment must be received in advance. If you cancel with 30 days notice or more, your fee will be refunded less an AED1000 processing charge. With less than 30 days, refunds will only be given if your space is filled by another delegate. In the event we cancel due to under-enrollment, a full refund will be provided, and you will be notified at least three weeks prior to the course.

We will email you a confirmation prior to the course. If you have questions, please feel free to call us at +971 4 375 41 02 or email us at hussein@6seconds.org

For the current seminar schedule, visit <http://www.6seconds.org/training>