

Emotional Intelligence Certification

Register
Early to
Save 20%

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.

"EQ is instrumental in any organizational Development process; it provides insight into what drives performance. Through applying a set of tools, it became obvious to us that if the organizational EQ is properly attended to, we will be able to see more alignment between organizational and employees objectives, better endorsement of change, and an overall positive environment".

Deema Anani,
Strategic Planning Manager, Housing
Bank for trade and finance - Jordan



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



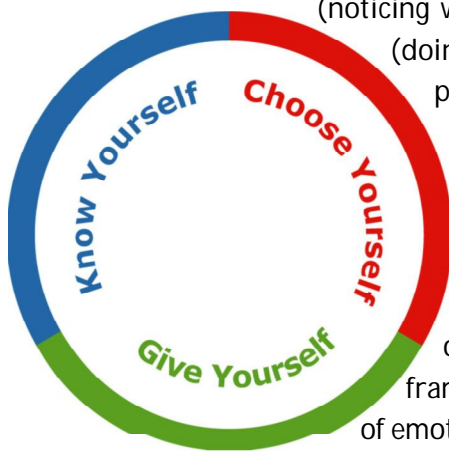
Emotional intelligence (“EQ”) is the ability to use emotions effectively, and it’s the foundation of high-performing relationships. This course builds your capacity to develop this core capacity.

“This program enables me to apply the tools and learning with immediate effect. The learnings can be applied to self, at work and to my social network circle at large.”

-Callister Koh, Chief Human Capital officer, Tecom Investment

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).



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 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

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 understanding 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 decision making?

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 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

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?

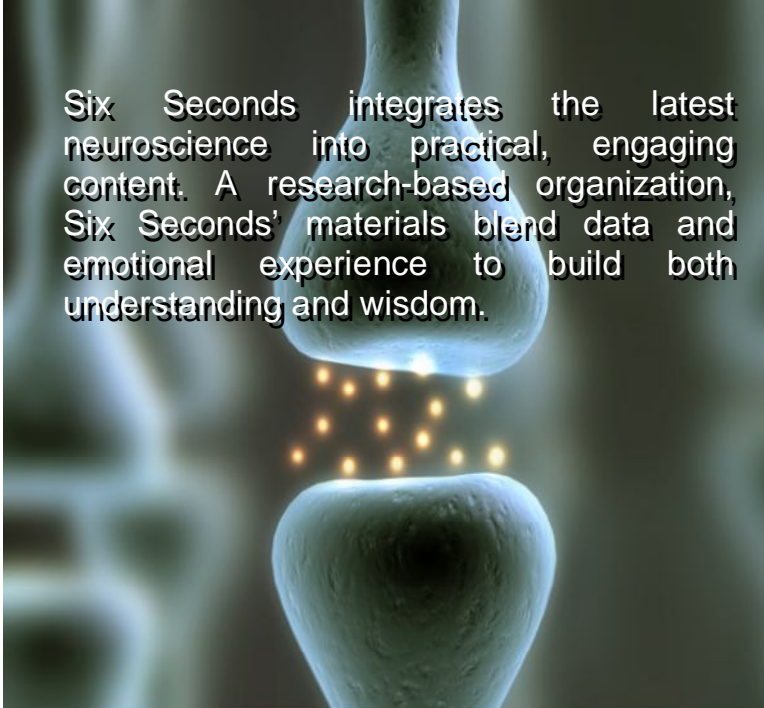
Day 5

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 in 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

“The best training course I have ever attended in 25 years of business”

- James Dewar, Director, RMD Kwikfor

Registration

Date: www.6seconds-mea.com/about/events/

Register using the attached form or online: www.6seconds.org/reg/

Investment:

EGP 16,400 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: EGP 14,400 | **Early:** 30 days pre-course: EGP 15,400

Group: teams of 3 or more registering and paying together: 10% off (each)


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, organizational development professionals, coaches, counselors, psychologists, educators, leaders) come to bring Six Seconds' approach to their work and lives.

Contact

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**“If you aspire to leave a legacy,
Know yourself, Choose yourself
and Give yourself – a life-
changing program.”**

Nadia Al Hazimi, King Abdul Aziz University

Become a Six Seconds Certified Associate to demonstrate your understanding 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 Certification process is intended for those who will use EQ professionally as well as individuals seeking additional support to integrate the EQ tools into their work and life.

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

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

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

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 serve in every sector of society engaging leaders to develop and use emotional intelligence to create places where people can truly excel.


Beijing • Bologna • Brisbane • Dubai • Kuala Lumpur • London • Singapore • San Francisco • Jordan • India

Six Seconds

Established in 1997, Six Seconds is the most extensive organization of its kind in the world, led by an amazing team of change agents in 10 countries supporting practitioners in over 100, with dozens of published tools, and a 13-year track-record serving a range of clients from medium and large enterprise (e.g, Almarai, Rotana, FedEx, HSBC) to government and NGO (e.g, UN) to schools and communities around the globe for change management, increasing employee and customer engagement, and strengthening leadership and social responsibilities. Six Seconds' solutions are grounded in current neuroscience, and include transformational education programs for communities and schools, powerful learning and development programs, scientifically validated assessments, and effective consulting processes increasing the people-side of organizational performance.

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 positive future.



For the first time I have a sense of direction.
I understand my values and noble goals and
feel
Confident in how I want to help others.

Erika Welsing
Assistant Director of Learning &
Development
Armani Hotel, Dubai

EQ Certification Registration

Please fax this form to: +971 4 4290994 or email Hussein@6seconds-mea.com

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

Course Date and Location	Note:

What are 2-4 of your organization objectives in attending this program?

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

Please provide a 1-linear bio

Payment Method and Amount
Bank Transfer - HSBC, Main Branch, Dubai, A/C Dynamic Learning, # 020-652962-001, Swift Code BBMEAEAD

Cancellation, Refunds and Confirmation
If you cancel with 30 days notice or more, your fee will be refunded less an EGP 1000 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 noticed 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 (650) 685-9885 or email us at hussein@6seconds-mea.com For the current seminar schedule, visit http://www.6seconds.org/training