

Emotional Intelligence Practitioner Certification

May, 29 - 31 and 1st of June, 2019

Lagos, Nigeria

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.



Accredited by the International Coach Federation
for 47.5CCEUs.



—A best-in-class process to bring
EQ concepts to life ...!!

- Cynthia Ng,
SVP Learning and Development HSBC

—Probably the best training course
I have ever attended in 25 years of
business.!!

- James Dewar, Director, RMD Kwikform



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: www.6seconds.org/events).

Certification Benefits

Six Seconds' core certifications equip you with an in-depth understanding of EQ and the Six Seconds Model - for most participants, this is, by far, the most valuable take-away from the program. Your own EQ practice is imperative to be truly effective as an EQ change agent, leader, teacher, coach, etc.

You will be able to effectively utilize a large range of EQ development tools yourself, and in your work. Then, to be most effective with the Six Seconds' methodology, continue on the certification path toward mastery.

Core includes five full days of hands-on, dynamic instruction, activities, practical projects, networking, laughter, and learning. These courses are highly active, brain-based, and experiential. 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.

After completing the certifications, you will have access to a range of development tools in our Certified Library for yourself and clients, and can purchase and use the best-in-class EQ assessment, SEI -- as well as a wide range of supporting tools and curricula.

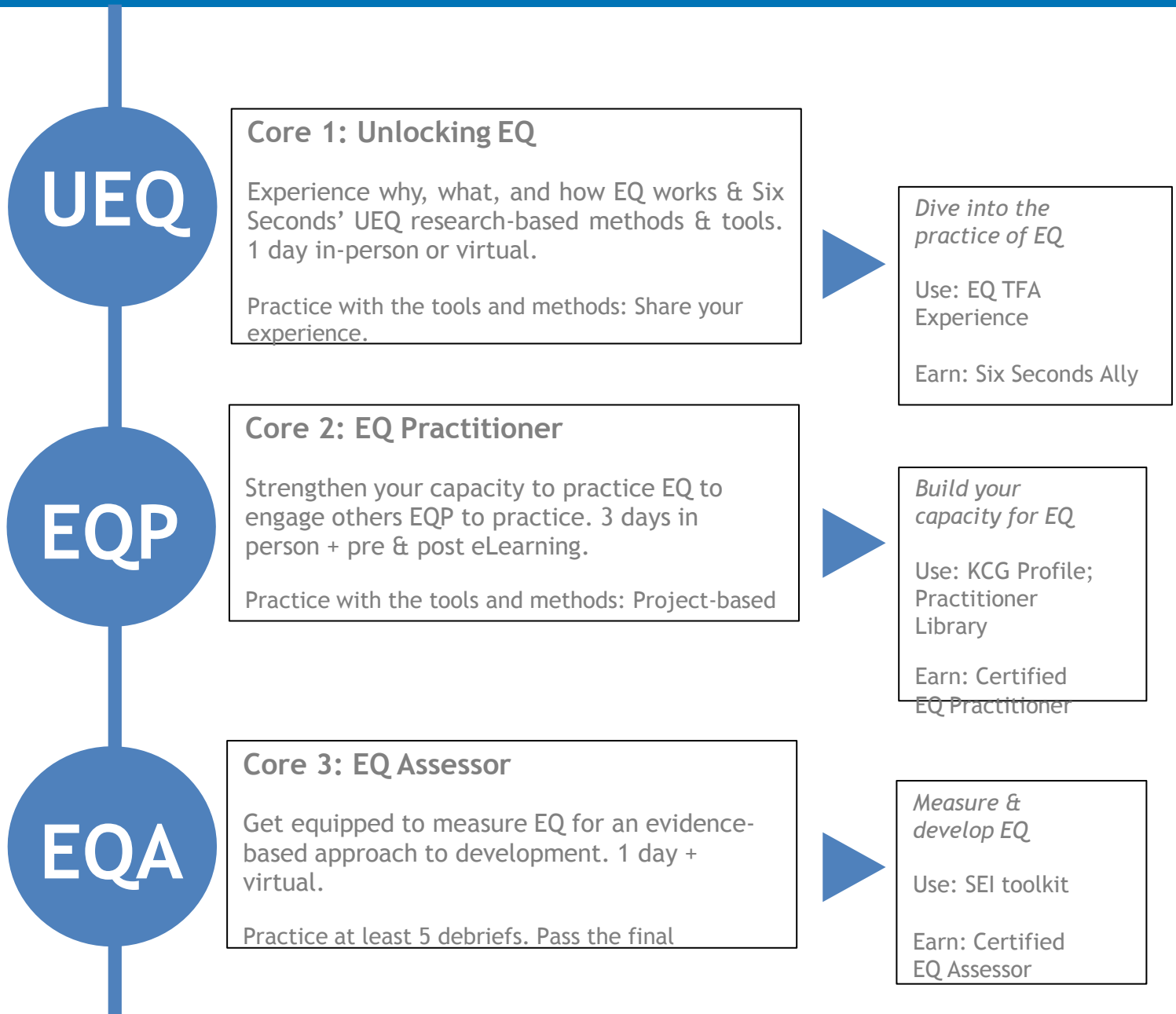
Coaches: EQPC is accredited by the International Coach Federation for 47.5 CCEUs (33 Core, 14.5 Resource). EQAC for 33 CCEUs (26.25 Core, 6.75 Resource).



Emotional intelligence (–EQII) 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)

Certification Pathway



“One of the best program that I’ve even taken. I learnt a great deal about EQ and gained valuable tools to apply it at home and at work.”

Zaher Ibrahim, HR Lead, Bupa Mazer Clinics, Jeddah, Saudi Arabia

The certification 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.

Core Part 1: Unlocking EQ - Day 1

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.

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



The Six Seconds Model of EQ-into-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.

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.

“EQ is crucial for business development and yet in nearly 30 years of working in corporates, I have never had EQ explained, demonstrated and presented in this most engaging fashion. A superb facilitator who shared abundantly. This is truly the BEST program I’ve attended in 20 years.”

Joni Peddie, MD of Bizcomm Group & Lecturer, Gibbs Business School, Johannesburg, South Africa

Core Part 2: EQ Practitioner - Day 2 - Day 4

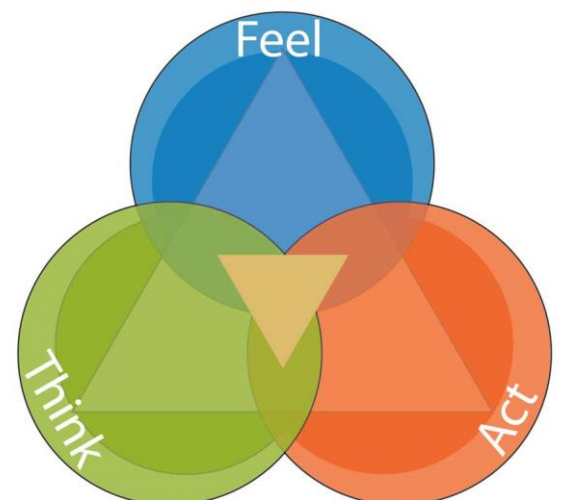
This certification follows Six Seconds’ Know Yourself, Choose Yourself, Give Yourself model for learning to develop and apply emotional intelligence. Participants experience an EQ learning environment and a range of effective tools and processes that strengthen emotional intelligence.

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.

In this course 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 & teaching.
- Strengthen your own emotional intelligence.
- Be able to utilize the “KCG Profile,” offering practical feedback for introducing the value of EQ.

At the core, Six Seconds’ work is about the triangle shown to the right. Our feelings, thoughts, and actions are constantly interacting, affecting one another. As we become more aware of these dynamics, we can expand our choices



—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

Registration

Apply to register: 6sec.org/reg

Course schedule: 6sec.org/events

Investment:

Unlocking EQ: NGN 143,435

EQ Practitioner: NGN 942,295

**Unlocking EQ and EQ Practitioner
Package deal:** NGN 108,5730

Continue your EQ journey with **EQ Assessor** virtual sessions, contact nayla.doctor@6seconds.org

Early Bird discounts: A limited number of seats available at additional discount if booked and paid 30 or 60 days ahead. Contact us!

Who should attend

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

Certification requirements

The certification process is intended for professionals skilled and qualified in training, consulting, coaching, and education who are committed to using Six Seconds' models and methods. To complete the certification process, participants must complete online prework, attend the full program, demonstrate competence with the methods and tools, and follow the terms of certification - please see: 6sec.org/certlicense Please note the annual renewal requirements, including 12 ACE units. For details on renewal, see 6sec.org/kb/ace

Contact in Nigeria

Enahoro Okhae
Chief Managing Consultant
Pause Factory
Nigeria
E: bisi@pausefactory.org
M: +2348096303933

In Partnership with
Pause Factory



Completing this course equips you with an in-depth understanding of EQ and the Six Seconds Model - for most participants, this is - by far - the most valuable take-away from the program. This is imperative to be truly effective as an EQ change agent, leader, teacher, coach, etc. You will be able to effectively utilize a large range of EQ development tools yourself, and in your work. If you are a professional trainer/teacher/consultant, this could include presenting to others. Then, to be most effective presenting with the Six Seconds' methodology, we highly recommend you also attend the Advanced Trainer Certification.

Training and Teaching

On completion of the EQPC, you will have access to a range of resources, including:

- Over a dozen learning modules and activities from the course -- that you can integrate into a wide range of programs (e.g., communication, teamwork, leadership, service, effectiveness). These components are like building blocks that you can assemble in a variety of ways.
- The Certified Intranet library with hundreds of resources for paid subscribers -- with ongoing updates. The library also includes several complete workshops/presentations, including:
 - Intro to EQ (2 hour workshop introducing the Six Second Model)
 - The Brain Brief Intro (1 to 2 hour workshop on Brain Styles and effectiveness)
 - The Reaction Roadmap (2 hour workshop on moving from reaction to balance)
 - Workplace Issues (1 hour presentation to focus leaders on the people-side of performance)
 - The Vital Team (2 hour workshop on team effectiveness)
 - The Brains for Innovation (3 to 5 hour workshop on creativity, change, and spark)
 - Contagious Feelings (1 hour workshop on emotions)
 - Thriving with Optimism (2 hour workshop on optimism)
 - Self-Science Overview (1 hour presentation on EQ in education)

Plus, completing the EQPC will enhance your ability to deliver many Six Seconds' products, including...

- The Brain Profiles & Dashboard for powerful insights into individuals and groups
- Developing Human Performance (DHP is our management curriculum, including 14 mix-and-match workshops of 2-3 hours each)
- TFA Cards (an outstanding development tool for training and coaching)
- EQ for Families (our curriculum of four workshops for parents)

Access to these resources requires either purchase of the product (for example, the Profiles are purchased per-user, the DHP program is a 1-time purchase) or license fees. For license fees, all the content from the course, and all the resources from the Certified Intranet library, are automatically licensed to practitioners who maintain a Platinum subscription to the library (currently only \$280/year for individuals - see the Certification License for more details).

While professionals can be effective with this powerful library, additional certifications are recommended for those who want the full power of Six Seconds' models and tools. We offer special certifications on our assessments, advanced training on our methodology, plus a —Master Class II to build real expertise in these transformational tools and processes. See www.6seconds.org/certification for a discussion of additional programs.

The PROFILES distil the power of an advanced assessment tool into one page for compelling, quick, meaningful insight into your brain. You'll experience the Profiles in EQPC and get an account with \$50 worth of credits to begin using the Profiles to share EQ.

Plus you will have access to a free eLearning course to go deeper into how to use the Profiles.

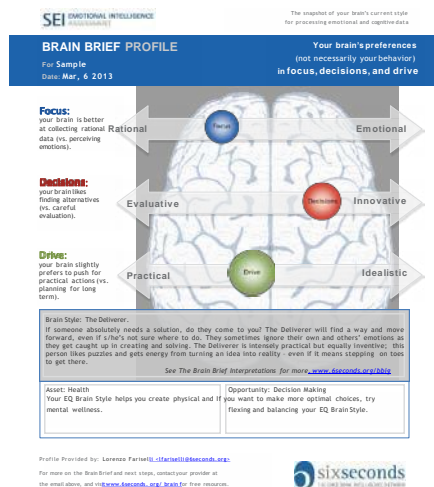
The Brain Profiles

The Profiles offer a simple-but-serious approach to turn emotional intelligence into tangible value. In the words of an operations manager at FedEx: —Finally, we're not just TALKING about emotional intelligence - now I have something I can actually use.!!

In just a page, each profile provides powerful insight to put EQ into action.

Brain Brief Profile

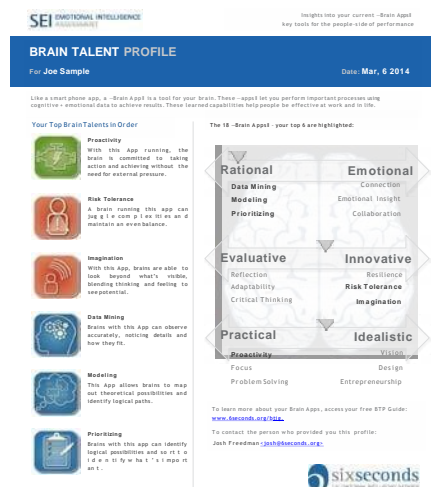
Synthesis of how our brains process essential data.



Also available for youth ages 7-18

Brain Talent Profile

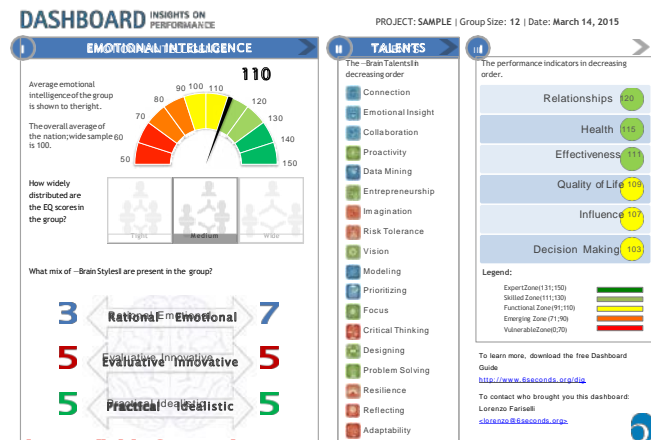
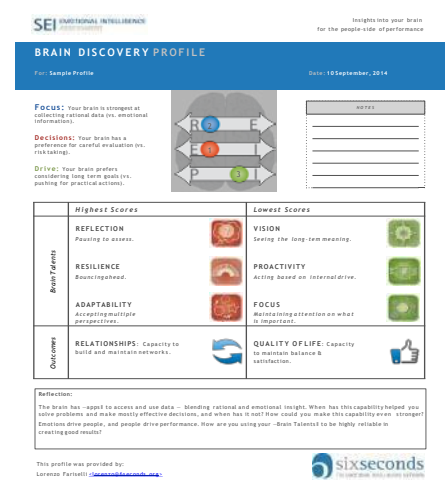
Key capabilities to generate results and create the future.



Also available for youth ages 7-18

Brain Discovery Profile

Linking Brain Style and Talents to performance.



Also available for youth ages 7-18

Dashboard

1-page summary of a group showing the link from EQ & Brain Style to Talents and then to Performance.

Become a Six Seconds Certified Practitioner 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 & Requirements

The Practitioner Certification process is intended for professional skilled and qualified in training, consulting, coaching, and education who are committed to using Six Seconds' models and methods.

Active Certification requires:

1. successful completion of the course including pre- and post-course eLearning
2. post-course project to apply and document learning - with optional four hours 1:1 coaching for \$500
3. renewal every year:
 - o document 15 Six Seconds' continuing education hours through Six Seconds' events, refresher training, free webinars and/or additional Six Seconds' courses
 - o renew EQ.org membership with \$50 basic account or \$280 Practitioner subscription (see below)

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

- Identification with the premier international EQ organization
- Ongoing professional development
- Access to network of allies and team members around the world
- Powerful training and education tools
- Access to Six Seconds' library including content to use with schools, families, and organizations (see below)
- Invitation to webinars and meetups for Six Seconds' alumni
- Opportunities to apply to present at Six Seconds' events and conferences around the world

As a Certified Practitioner, you are entitled to use Six Seconds' materials and procedures for your own development and in working with colleagues and clients according to the terms of the license agreement.

Following the training, you will receive a free —Allyl account on EQ.org, our online learning community for one year. You can upgrade to the Practitioner membership (currently \$280/year) to access additional resources and marketing tools. [The Practitioner membership includes your license to use the materials from the EQPC course and library with up to 200 participants per year.*](#)

An organizational license is available enabling you/your business to use the materials with up to 2000 participants per year.* Alternately, you can negotiate a customized annual license.

* Some materials, such as Profiles, require purchase per-participant.

“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, Dubai, UAE

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.

EQ from A to Z

Related Materials

The Six Seconds Models & Methods in the CORE certification 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



Certified Library

Certified professionals have a special library on EQ.org with hundreds of resources and weekly updates. The library includes slides, videos, worksheets, and other building blocks. It also contains many complete workshops/presentations, such as: ° Intro to EQ (2 hour workshop introducing the Six Second Model) ° The Reaction Roadmap (2 hour workshop on moving from reaction to balance) ° Workplace Issues (1 hour presentation to focus leaders on the people-side of performance) ° The Vital Team (2 hour workshop on team effectiveness) ° Contagious Feelings (1 hour workshop on emotions) ° Thriving with Optimism (2 hour workshop on optimism) ° Self-Science Overview (1 hour presentation on EQ in education) The library also included a collection of social emotional learning (SEL) lessons that can be adapted to a wide age range.

Toward Mastery

As the world 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

“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

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/a
bout](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

