

Emotional Intelligence is one of the most crucial factors that we see in helping individuals achieve and sustain their wellness goals. SEI provides a simple but powerful tool to help our clients understand how emotions impact their success.

– Bob Bates, President,  
Resolve Today, LLC



*“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

### Who should attend

Trainers, HR specialists, organisational and development professionals, coaches, counsellors, psychologists, educators, and researchers.

# EQ Assessment

## Professional Certification

Add the **Six Seconds Emotional Intelligence** questionnaire to your toolbox for an insightful and practical measure of EQ.

Join a powerful training that engages head and heart and equips you to use an outstanding set of tools. The only test measuring the Six Seconds Model of Emotional Intelligence, the SEI provides invaluable insight for trainers, coaches, educators, and HR professionals. The Six Seconds model is substantive, easy to understand, and ideal for training and development.

### About the SEI

The latest-generation emotional intelligence assessment, SEI focuses on developing and applying EQ. Built by world-leading emotional intelligence educators, this tool is action-oriented, practical, and applicable. SEI users (including FedEx, the US Navy, Daimler Benz, Kodak, and BMW) choose SEI because it helps people put EQ in action.

The tool offers rigorous psychometrics, multiple languages, numerous reports, and an extensive library of development tools. SEI predicts 55% of variation in important life success outcomes, SEI scores improve with training, and SEI works cross culturally.



## The Benefits of Attending

The course provides grounding in the Six Seconds Model of Emotional Intelligence and equips professionals to use the SEI assessment.

You will learn about...

- A clear, actionable model for applying emotional intelligence.
- Delivering, interpreting, and debriefing the SEI
- Presenting the SEI and the Six Seconds Model of EQ.
- Applying the SEI in coaching, development, and selection.
- Developing your own emotional intelligence.

Take away...

- Your SEI feedback report with over 40 pages to help you develop your emotional intelligence (\$45 value).
- SEI Intranet account with five credits for SEIs (\$225 value).
- License to use and sell the online and paper versions of the questionnaire at a discounted price.
- SEI Certification Manual and Feedback Guide.
- Lifetime access to the SEI Users Discussion Group.
- Option to be profiled on [www.6seconds.org/cert/](http://www.6seconds.org/cert/)
- CD with...
  - \* SEI Introductory Presentation PowerPoint and handout.
  - \* SEI Workbook (licensed to reproduce for SEI clients)
  - \* Sample SEI proposal
  - \* SEI Debrief Best Practices
  - \* Selected articles
  - \* Sample reports

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., Director of Wellness and Leadership Development WSU College of Veterinary Medicine*

### Six Seconds EQ Model

- **Know Yourself** is increasing self-awareness. It helps people understand their own thoughts, feelings, and actions.
- **Choose Yourself** is building self-management and self direction. It helps people follow their intentions and live more consciously.
- **Give Yourself** is aligning daily choices with a larger sense of purpose. It helps people increase wisdom to relate meaningfully with others, lead from the heart, and make the most of life.



“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)*



“The Six Seconds Emotional Intelligence Assessment is a proven test that helps people understand and develop emotional intelligence. It features the most comprehensive report of any emotional intelligence test with many practical strategies for performance improvement.

The test has strong psychometric properties, including two self-correcting indices to increase objectivity.”

- *CBS Marketwatch, 10/26/05*

## More About the SEI:

The SEI is a statistically valid assessment focused on developing and applying EQ; it is the only measure based on the Six Seconds Model and had been validated in the Australia, US, Europe, Asia, Africa, and Latin America. The detailed reports includes many development suggestions. SEI is used in coaching, development planning, personal growth, hiring, selection, and for training. It is effective as a pre-post measure to show improvements. There are three versions of the SEI Assessment and multiple reports:

- SEI – self-report for adults, with Leadership, Development, Strengths, Group, and Comparison reports. Available in English, Italian, Chinese, Indonesian, Spanish, and French.
- SEI Youth Version – self-report for youth 8-18
- 360 – multi-rater for adults

For more information, visit [www.6seconds.org/sei/](http://www.6seconds.org/sei/)

“I attended with the intent of learning how to teach others about EQ. I not only learned how to effectively teach the materials, I learned a great deal about myself.”

- *Tara Heinburger, Training Mgr Abbott Vascular*

## About Six Seconds

Six Seconds helps all people learn the skills of emotional intelligence to foster a sustainable future. Six Seconds is a 501(c)3 not-for-profit organization with offices in San Francisco, Singapore, Bologna, Beijing, Brisbane, and London. 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.

For further information about this accreditation, please contact

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