

A person is shown from the chest up, holding two lit sparklers. The background is dark and out of focus. In the center, there is a large, semi-transparent circular logo with a gold border. The logo contains the text 'SIX SECONDS' at the top, 'EST 1997' on the sides, and 'EMOTIONAL INTELLIGENCE NETWORK' at the bottom. In the center of the logo is a stylized graphic consisting of a black circle with a white crescent shape inside it.

SIX SECONDS

EST

1997

EMOTIONAL
INTELLIGENCE
NETWORK

IGNITING TRANSFORMATION

For over 20 years, Six Seconds has supported organizations to create positive change by growing emotional intelligence.



develop capacity strengthen leaders energize teams

Organizations around the world partner with Six Seconds to unlock the people-side of performance, build leadership capacity, and create positive change.

see 6sec.org/cases

Improving leadership effectiveness

Strengthen collaboration & teamwork

Increasing ability to lead change





SCIENTIFIC | GLOBAL | PRACTICAL

WHAT DO YOU WANT TO GROW IN YOUR ORGANIZATION?



Outcomes of increasing emotional intelligence:
Communication | Alignment | Teamwork | Effectiveness | Change | Wellbeing



THREE WAYS TO

CREATE VALUE WITH EQ

1 |

BUILD

CAPACITY



Certification training to build internal experts in a robust system for EQ

Examples

EQ Assessor Certification to utilize best-in-class EQ metrics

EQ Coach Certification to build a coaching culture

2 |

PROVEN

SOLUTIONS



Build awareness and skills with tested, ready-to-use learning programs

Examples

Vital Leadership solution to measurably increase leaders' effectiveness in a customized program

Managing Wellbeing program to strengthen managers' skills in improving workplace wellbeing

3 |

INTEGRATE

TOOLS



Leverage the world's best assessment & development tools to build solutions

Examples

Brain Profiles & learning resources for intro workshops

SEI Leadership Assessment for in-depth coaching

EQ Artificial Intelligence via API to embed a recommendation engine



SCIENTIFIC | GLOBAL | PRACTICAL

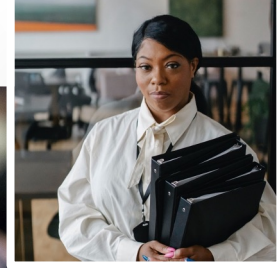
WHAT'S THE SIX SECONDS DIFFERENCE?

Six Seconds was founded in 1997 as a non-profit organization dedicated to supporting people to create positive change. We're building networks and equipping leaders with the insights and tools to go further.

Our vision:
By 2039, one billion people will be practicing the skills of emotional intelligence.

To support positive change, we research and develop transformational, globally relevant, and scientifically validated **tools and methods to measure and strengthen the key competencies for positive change.**

The methodology applies to business, education, government and other organizations. It includes a process for measuring and developing emotional intelligence to create an optimal context for people to be and do their best.



We are accredited by the International Coaching Federation (ICF) and the Society of Human Resource Management (SHRM) and are a United Nations SDG Action Partner supporting wellbeing in organizations around the world.



TELL ME ABOUT

Emotional Intelligence

While some aspects of change are logical, many are not.

Six Seconds teaches the measurable, learnable, science-based skills of emotional intelligence. Emotional intelligence lets people understand how we really work.

Emotional Intelligence is “being smarter with feelings.”



“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





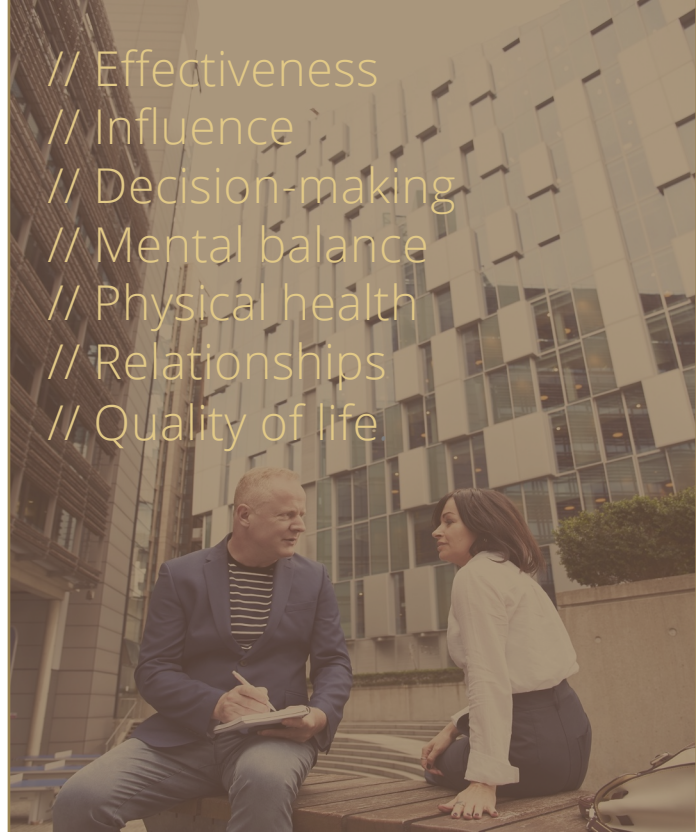
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WHAT ARE THE ESSENTIAL SKILLS TO CREATE POSITIVE CHANGE?

To maintain our edge in innovation and transformational learning, we partner with firms all around the world to bring EQ to every sector.

We also conduct ongoing research and provide grants to identify best-practices & support effective implementation of EQ around the world.

- // Effectiveness
- // Influence
- // Decision-making
- // Mental balance
- // Physical health
- // Relationships
- // Quality of life



WHY SIX SECONDS?

WHAT'S THE STORY AND SCIENCE BEHIND THE NAME SIX SECONDS?

Emotions are neurohormones; chains of amino acids that flow through the brain and body carrying messages. Produced primarily in the hypothalamus, these chemicals affect literally every living cell in our bodies serving as part of our master-regulatory function. Each "burst" of these chemicals, from the time they're completely broken down and absorbed, lasts 5-7 seconds.

Thus if we miss the opportunity of those six seconds, we miss the wisdom and energy the feelings offer; also, if we're feeling something for longer than six seconds, we are – at some level – choosing to recreate and refuel those feelings.

source: interviews with Dr. Candace Pert, 1998



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WHAT MAKES SIX SECONDS STAND OUT?

01 GLOBAL LEADERSHIP

Six Seconds is the world's largest network of emotional intelligence practitioners - in over 200 countries and territories.

02 SCIENTIFIC CREDIBILITY

Six Seconds publishes 8 validated assessments with robust psychometrics, practicality, and global relevance, used by over 350k people.

03 TRANSFORMATIONAL LEARNING METHODOLOGY

Six Seconds' approach supports creates value with emotional intelligence - see 6sec.org/cases



One of our biggest challenges is how to get more employee engagement under challenging times with diminishing resources. SEI (Six Seconds Emotional Intelligence assessment) has been an effective tool for identifying emotional intelligence issues and improving discretionary effort including 'real world' action plans for improving emotional intelligence. We greatly appreciate the support, learning, and continuing research by the Six Seconds team.

-Bob Brooks, HR Advisor, FedEx



TIMELINE OF SIX SECONDS

LAUNCHING



1995

Six Seconds' methods introduced in Goleman's bestseller, *Emotional Intelligence: Why EQ Matters More Than IQ*

1997

Six Seconds founded as 501(c)(3) nonprofit corporation.

1998

Six Seconds launches the world's first Emotional Intelligence Certification



TIMELINE OF SIX SECONDS

GROWING



2000

Six Seconds hosts the first global Emotional Intelligence Conference.

2013

Six Seconds holds the first Emotional Intelligence conference at Harvard University.

2015

Six Seconds delivers world's first 24hr EQ Virtual Conference.



TIMELINE OF SIX SECONDS

EXPANDING



2017

Six Seconds published the first Artificial Intelligence (AI) for Emotional Intelligence tool.

2018

Six Seconds launched the world's largest emotional intelligence project in partnership with UNICEF.

2019

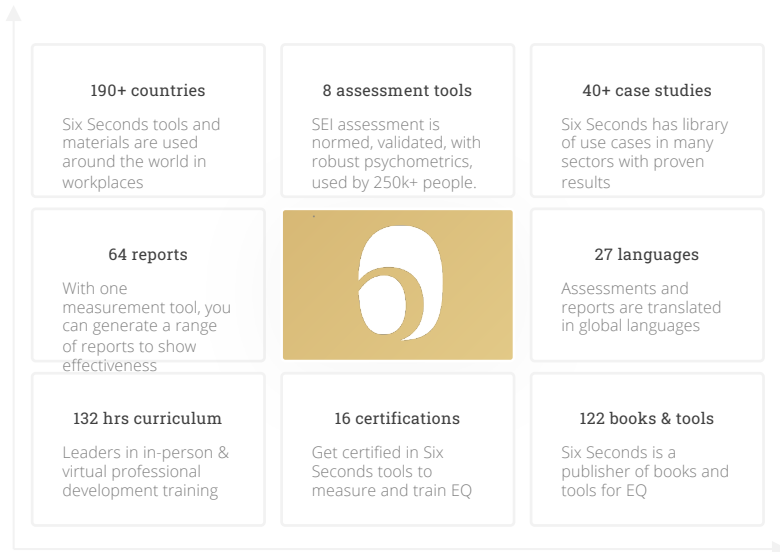
Six Seconds keynotes at the first EQ conference at the UN Headquarters.



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THE COMPLETE EQ PACKAGE

Six Seconds delivers best-in-class assessment tools & certification courses. We publish books and products to help you extend your learning, with support from the global network of people putting emotional intelligence in to action.





IF 75% OF CHANGE FAILS

WHAT DOES IT
TAKE TO STAY IN
THE 25%

START THE CONVERSATION

CONTACT US



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6sec.org/eu