

Join us to increase the world's emotional intelligence

Scientific, Global and Practical Solutions

You're invited!

Ready to improve your emotional intelligence? Join us for **Unlocking EQ**.
June 18 & 21 | 3pm PST | Live online

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We are your partners to develop emotional intelligence in your business or community.

Six Seconds supports individuals and organizations to learn, measure and practice emotional intelligence. From families to schools to Fortune 500 companies, our goal is to have 1 billion people practicing emotional intelligence skills.

Emotional intelligence for: [Business](#) [Education](#)
[Coaching](#) [Personal Growth](#) [Parenting](#)

Emotional Intelligence is being **smarter with feelings.**

Learn how to practice emotional intelligence for better relationships, stronger wellbeing, greater effectiveness

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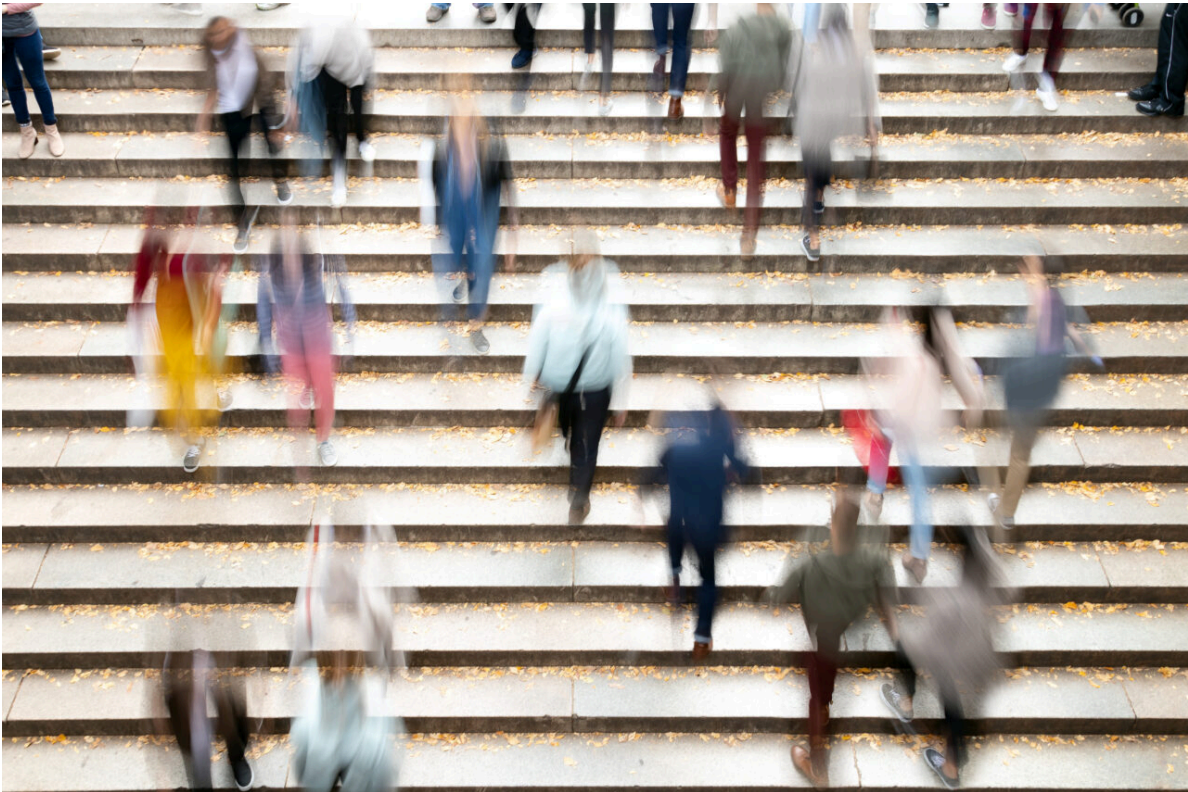
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We've got people problems.

Most of the world's challenges aren't due to a lack of data or technical skills, they're emotional and relational. Stress and complexity are on the rise, and wellbeing & employee engagement are falling. It's time for more people-skills.

EVIDENCE-BASED SOLUTIONS



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Emotional intelligence is the solution.

Research links emotional intelligence to life success, including critical success factors like relationships, effectiveness, wellbeing, and quality of life. It's the foundation of healthy people, families, schools, communities and organizations.

Emotional intelligence for: **Business** **Education** **Coaching**
Personal Growth **Nonprofits** **Parenting**

Six Seconds 25th Celebration



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Why Six Seconds?

Six Seconds is the complete solution for emotional intelligence. With a suite of validated assessment tools, a transformational learning methodology, supportive community and 25 years of experience, we are here to help you solve your most pressing problems.

ABOUT US



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“Six Seconds is more than an organization with excellent resources and training programs. It is a community that supported my work, my world and my purpose. It is a movement that is essential to the survival of humanity actually making a difference. I am honored to learn, work and be a part of this community.”

Adrienne Seal

Founder and Principal Coach, Spirit Tree Consulting



“The leadership and mentorship of Six Seconds’ instructors is top notch.... What I have learned through their programs will forever impact me positively.”

Angie Maurer

VP of Product, Faro Health

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How We Can Support You

Grow your emotional intelligence with our global community of practitioners.

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LEARN

Resources & eLearning

Learn emotional intelligence from the comfort of your home or office and be who you want to be.

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MEASURE

Tools & Assessments

Explore Six seconds' suite of validated emotional intelligence tools for individuals and groups.

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GROW

Certification Courses

Jumpstart your personal or organizational growth by investing in emotional intelligence.

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CONNECT

Events

Join us online or in-person to experience our diverse, committed community of change makers.

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EXPLORE

Case Studies

Read case studies of Six Seconds tools & methods transforming organizations for the better.

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JOIN

Partnerships

Long-term, impactful partnerships are central to achieving our mission.

Will you join us?

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Our Blog

Read the latest articles from Six Seconds.

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Emotional Intelligence at Work: Is There Hope for Toxic Workplaces?

by Michael Miller | May 14, 2024 | EQ Business, Six Seconds

The remarkable transformation at Westcomm Pump offers a blueprint for turning around workplaces with depleted morale and trust issues, using the Team Vital Signs assessment.

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Gen Z Is Unlike Any Generation Before It. New Research Reveals Why – and How to Work More Effectively with the iGen

by Michael Miller | Apr 17, 2024 | EQ Business, Six Seconds

Here are 3 key insights from the world's largest study of emotional intelligence, and what it means for working effectively with Zoomers.

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Are you a Maximizer or a Satisficer? Tips for Better Decisions – EQ Education

by Patty Freedman | May 9, 2024 | EQ Education

Overwhelmed by decisions? Here's how emotional intelligence can help you develop strategies to be more efficient and balanced in your decisions not defeated by them.

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Four Tips to Make A Culture of Learning from Mistakes: EQ Educator News

by Patty Freedman | Apr 10, 2024 | EQ Education

How emotional intelligence can help you learn from mistakes and make them a vital part of learning? Keep reading for EQ research and resources you can use for you, your faculty and students.

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Coaching Through the Emotional Recession: Three Practical Tips for Trauma-Informed Coaching

by Joshua Freedman | May 1, 2024 | Six Seconds

World Health Organization Director-General Tedros Adhanom Ghebreyesus said in March 2021, “When there is mass trauma, it affects communities for many years to come.” While coaching isn’t a “treatment” for trauma, in the Emotional Recession we’re facing now, chances are, your clients, colleagues, and you are carrying more trauma than 4 years ago. What do we do as coaches?

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Knowing Isn't Coaching: Three Emotional Intelligence Tools for Professional Coaches

by Joshua Freedman | Apr 3, 2024 | Six Seconds

Here's how to use emotional intelligence to break out of a fixed mindset of "knowing the answer" and make your own (difficult) emotions an ally as a coach.

« OLDER ENTRIES

Get In Touch

Fill in this form and one of our team

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shortly.

First Name

Last Name

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PO BOX 1985. FREEDOM, CA 95019, USA

Six Seconds is a community of changemakers of connection, and purpose.

We think the world would be a better place if we had the skills of emotional intelligence (EQ). So, we're providing transformational tools & methods to support

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