



Emotional Intelligence Mini-courses - Selected Programs from the Six Seconds EQ Network

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Wellbeing

How to Make your Past-Self Jealous of Your Future-Self!

Wellbeing

Celebrate this week's learning and the learning to come, and get inspired to make tomorrow better. Join Cherilyn Leet (Six Seconds' Associate Director of Education - Arizona) and EQ & Nature Coach Dr. Yoshi Newman (in North Carolina) in a joyful imagination about the future. You'll laugh at least 3 times and learn something you'll remember in a year.

On the practical side, you'll learn a new procedure for measuring the way you make decisions, looking at where you said "yes" and "no" in pre-corona times... so you can make a plan for saying YES to what matters most now and into the future.

Disrupt to Evolve

Wellbeing

It is time to disrupt unhealthy patterns inside ourselves that serve as cogs in the wheels of our life from fostering healthy relationships and from leading with love and becoming the example. These 4 part sessions aim to guide us in tapping into these unhealthy patterns, embracing them, and to ultimately channel them. This session will be centred on navigating challenging emotions fueled by drive (motivation, passion, fun and purpose). Alignment and balance are key.

Maïa Barghout is the founder of iflourish, Beirut. She has embraced deep aspects of herself after a 20 year career in a variety of industries and persistently rising through her limitations with grit. She loves inspiring and empowering people to develop aspects of themselves they didn't think were possible in order to flourish individually and together.



Breathwork for Hectic Days

Wellbeing

Are you sometimes feeling that you won't make it to the end of a hectic day? There is a space of presence and hope where you can connect with your breath, and remember your intention. Join Fiorella Velarde (Six Seconds' Regional Network Director, Latin America) for a practical and rejuvenating hour of self care. This session is for all levels, you just need a heart and your breath.

EQ & The Creative Process

Wellbeing

Does your creative process feel more like a creative struggle? Do you experience writer's block or have trouble finishing what you start? As creators our processes are unique and dynamic - and incredibly emotional. Join this class for an open discussion to identify your emotional obstacles, recognize inefficient thought patterns, and explore new, sustainable, and compassionate approaches to your creative process.

Hannah Bowers is a professional singer-songwriter, and program coordinator for Six Seconds based in California. She co-produces a podcast "Wolf In Tune" on music and mindfulness, and has been meditating for 5 years.

Grace in the Face of Crisis

Wellbeing

Webster defines Grace as simple elegance or refinement of movement. As a coach, leader, team member, parent or partner, the world needs you to move with Grace during these challenging and troubling times. Owning your gifts and wisdom in support of yourself and others is the clearest path to your Grace. Moving with Grace is our most natural state. This session has 2 key aims:

1. Assist you in exploring your path to Grace.
2. Help you in becoming more aware of the barriers to moving with the deep elegance within you.

Hanley has 35 plus years as a consultant, coach, entrepreneur and general disrupter of norms and is based in Connecticut. Starting his career as an engineer, he transitioned to human potential endeavors in the eighties and continues to work with individuals and teams towards a balanced pursuit of fulfillment. He is certified in a broad spectrum of Six Seconds tools including the SEI EQ Assessment and Vital Signs.



Expressive Writing about Nature for Wellbeing

Wellbeing

Description of session (include a sentence or two about yourself): In this 90-minute program, we'll talk about how expressive writing about nature can connect us with our own Emotional Intelligence and facilitate our wellbeing. We'll cover:

- How expressive writing improves our health and wellbeing
- How an individual connection to nature contributes to our emotional, physical, and spiritual wellbeing
- The three kinds of expressive writing and how they're beneficial
- The difference between expressive writing for wellbeing and day-to-day journaling
- Two kinds of expressive writing that especially opens doors for wellbeing

Beth Offenbacher is a Co-Active Coach and Certified EQ Practitioner with an extensive teaching and facilitation background, and based in Alexandria, VA.

Emotions for Flourishing: Take care of your Physical Health with Emotional Intelligence

Wellbeing

The way in which we manage our emotions becomes a blueprint for our health. Over and over research has found that improving emotional health is a fundamental aspect of strengthening your immune system and your overall physical health. Join Fiorella Velarde, Six Seconds' Regional Network Director for Latin America, in a lively session that will be both practical and full of heart.

You'll walk away with three proven strategies to improve your response to stress, sleep better and achieve a more calm state.

Practical ways to BOOST your Resilience

Wellbeing

Learn 5 tips to incorporate into your daily habits with Joni Peddie, Six Seconds Preferred Partner and resilience champion (based in South Africa). What if you could create personal life rituals that grew your resilience now, and into the future? The word: BOOST will be used as the acronym, making this pragmatic, implementable and easy to remember.



Listen to Yourself: Music, Mindfulness and EQ

Wellbeing

If your mind was a song, what would it sound like? Musician and meditator Hannah Bowers (California) shares how we can use our skills as music lovers and performers to be more mindful, and the role mindfulness plays in our emotional intelligence.

In this creative and playful session, we'll get out of some old ways of thinking and feeling, and create a "new song" that brings us into a greater awareness of ourselves, our relationships, and how we're contributing to a better future.

Where am I going next? Tuning into values

Wellbeing

Connection. Integrity. Fairness. What are your core values? Knowing your values helps you engage intrinsic motivation-- that fire that comes from within, inspires you to walk your path, and tells you what is right for you... and what is wrong for you! In this engaging & interactive session, you'll be guided through a process for narrowing down your core values. You'll leave the session feeling more sure of who you are & how you want to go after what you really want in life.

Maria Jackson is the author of *Illuminate*, a yoga instructor, EQ Coach, and EQ Facilitator based in Missouri.

Nature Photography & Journaling for Your Wellbeing

Wellbeing

We are all healthier individuals when we're able to more effectively identify and express our emotional needs, especially in times of challenge.

In this 90-minute webinar, we'll focus on how nature photography can guide you in identifying your emotions and our emotional needs, and how journaling can help you refine it even more. We will use [the Six Seconds model of Emotional Intelligence](http://www.6seconds.org/grow) as a framework for our time together during this session.

Participants will learn:



- The essential connection between emotions, positively expressing those emotions, and our immune system
- Three ways that art can guide you in knowing and positively using your deepest emotions
- How to use photography, journaling, and other creative expression for continuing to cultivate your own voice and identity
- Why a regular Needs Check-In is valuable for your ongoing wellbeing – plus a free tool for doing your own Needs Check-in

Suggested supplies to have on hand are:

- Paper or your journal,
- Any pictures, items, photos, books, etc. that inspire you or speak to your heart.

Beth is a Certified EQ Practitioner, a Certified EQ Assessor, and a Certified EQ Insights for People Management Trainer. She also is an active Tree Steward with Tree Stewards of Arlington and Alexandria, and enjoys daily walks in nature where she lives in Arlington, Va.



Relationships

Into Me See: EQ & Cultural Awareness

Relationships

In a moment in history where we see heightened fear of each other there is no better time to use the practice of emotional intelligence in navigating life in a volatile environment. In this 1-hour interactive session participants will have the opportunity to engage their big assumptions about ethnic and cultural differences and practice EQ in identifying pathways for support and collaboration.

Michael Eatman has been a certified practitioner with Six Seconds since 2015; he founded Culture 7 for inclusion strategy and coaching - a Six Seconds Preferred Partner in Massachusetts.

The Palladium Rule: What Emotional Traces are you Leaving?

Relationships

We've all heard of "The Golden Rule," but do you know the Palladium Rule? A simple truth about emotions: In every interaction, we leave emotional traces. So, in the conversations you had yesterday or last week... what emotional traces did you leave behind?

By focusing on the very practical emotional exchange, you'll discover ways to make your relationships more trust-filled, loving, and supportive. Join Dr. Anabel Jensen (President and cofounder of Six Seconds based in California) and Cherilyn Leet (Associate Director of Education based in Arizona) in a creative workshop that will leave you inspired to invest, not in gold or platinum, but in relationships.

Have A Conversation Like A Coach: 3 Practical Steps

Relationships

Do you want to connect with others? Do you want them to feel heard & cared about? This is exactly what coaches are trained to do, and there are simple tips for having meaningful & understanding conversations. Join Illuminate author & EQ Coach Maria Jackson for an hour



of exploring your inner communication strengths. You will leave this session feeling empowered & equipped to listen & communicate more effectively.

Maria Jackson is the author *Illuminate*, a Six Seconds certified EQ Coach & facilitator based in Missouri.

Practicing Emotional Intelligence - Keys to Sharing Emotions

Relationships

Emotions show up in all aspects of our lives whether professional or personal and they impact our relationships. How do we express what we are feeling in way that other understands us? In this workshop we will explore four keys the sharing and practicing EQ.

Join Gerald Bush, Chief EQ Officer and founder at GBKB Consulting, and Six Seconds Network Leader in Indiana, in a highly practical & engaging session to create emotionally healthy relationships.

3 EQ Tools to Tackle Difficult Conversations

Relationships

Difficult conversations are tough at the best of times. They can be especially challenging now. If you shy away from essential, but uncomfortable interactions, or charge head-on into them with varying levels of success, this session can help you be more effective. Key aims:

1. Recognize what makes a conversation difficult for you.
2. Prepare for possible derailers.
3. Emerge with greater confidence to tackle difficult conversations.

Andrea Stone is currently a leadership coach and formerly an international tech marketing leader. She is certified in Six Seconds tools and a Six Seconds Network Leader in Gurgaon, India.



Authentic Leadership: Vulnerability & Courage

Relationships

Now more than ever with the complexities we are facing we are needing to rise to the occasion with authentic and courageous leadership. The session will be a practical, interactive space to get in touch with your own vulnerability, what that looks and feels like to you and identifying the place in your life you most need/want to be courageous right now.

Workshop benefits:

1. Getting in touch with you.
2. Overcoming your myths around vulnerability
3. Finding your patterns so you can use them or lose them
4. Stepping into Courageous living.

Sharon Deal is the founder of Who am I Foundation (South Africa), a transformational coach and certified EQ practitioner. She has a passion to develop leaders to walk in their Authenticity and to live, love and lead from this place.

EQ + Art = Collage Making for Relationship Building

Healthy relationships are an important aspect of our own wellbeing. Art can help build a foundation for relationships that support our ongoing good physical and mental health. At this 90 minute webinar, we'll draw on the Six Seconds Model of Emotional Intelligence and explore:

- How creating a collage can guide us in crafting the kinds of relationships that help us to thrive
- The use of archetypes in collage-making
- How collage-making can foster our self-awareness
- Why the process of collage-making is beneficial to our brains
- The four major ways that engaging in visual arts can support our healing

Bring any collage items you have - old magazines, newspapers, junk mail images, for example -- along with glue sticks, pens, pencils, crayons, markers and stickers and a piece of paper to mount your collage on.

Participants will spend part of the session creating a collage and we'll also reflect on our individual discoveries together.

Beth Offenbacker is a Co-Active Coach and Certified EQ Practitioner with an extensive teaching and facilitation background, and based in Alexandria, VA.



Leadership

The Vulnerability Armor

Leadership

Where do you go when you step into Vulnerability? Are you aware of the role your emotions are playing? What are your patterns of response?

We have choice! We can spend a reasonable amount of time attending to fears and feelings or squander an unreasonable amount of time trying to manage ineffective and unproductive behaviour. Join us to engage with your vulnerable armor, your patterns and your noble goals. You will leave this session with tools to lean into vulnerability and allow your authentic self to shine.

Sharon Deal the founder of Who am I Foundation (South Africa), a transformational coach and certified EQ practitioner. She has a passion to develop leaders to walk in their Authenticity and to live, love and lead from this place.

Choosing Optimism For Success

Optimism is powerful. And it's a learnable skill.

Optimism is rooted in the knowledge that we have the power to change, grow, and move forward. Optimism is a learned skill, and optimists live longer, healthier, more successful lives – their marriages are more successful, they get better grades in school, and they earn a higher income!

How can we choose optimism as we navigate this season of heightened uncertainty?

Mucha is an EQ Fanatic on a mission to help individuals leverage Emotional Intelligence to unlock purpose & create the future they want. She is the Founder & Lead Changemaker at PTS Africa, and a Six Seconds EQ Practitioner in Kenya.

Vocalising Your Values

Leadership

What is your deepest innermost value? How do you vocalise this? The way we speak is linked to our bodies -- and our minds and emotions. When we use our voices intentionally,



we can strengthen the way we communicate with others - and with ourselves. This session will help you to vocally interpret your values and do deeper with its meaning in your life. David Corcoran (Vienna) is an Executive Voice Coach and former Opera Singer. He has a background in professional coaching and training.

The Neuroscience of Overwhelm and how to hack it

Leadership

In these challenging and changing times, our brains are bombarded by thoughts, concerns, tasks and data. When overwhelm mounts, our brains cannot function properly causing us to be less effective and productive.

By understanding what happens when your brain is overloaded and noticing your personal zones of effectiveness, how you think feel & act in each, you can choose your own recipe of "hacking overwhelm"

Together in this session, we will:

- Understand the neuroscience of overwhelm.
- Discover our different zones of effectiveness
- Create your recipe to change the overwhelm pattern

Amina Khalifa is the founder of CoreSenses in Jordan. A leadership consultant, Co-Active, EQ & NLP coach. She has a belief in people's potential and a passion to optimize their leadership skills personally & professionally.

Leading with a Coaching Mindset

Leadership

Today, disruptive and rapid change is the norm, and leaders are finding themselves dealing with emotional issues as well as performance issues... After all, "Emotions lead people, and people lead performance"

In this norm, coaching is becoming a vital part in building organizational capacity, and the effective leaders in today's world are those who are listening more than telling and supporting more than directing. Join Amina Khalifa (founder of CoreSenses, an EQ Coach, Leadership Optimizer and L&D Consultant in Lebanon) in this interactive session using the GROW coaching model, bring a goal in mind, and let's explore how a coaching journey can help to GROW!



Together we will be:

- Following a process of coaching
- Exploring the power of questions
- Leading effectively with presence

The Women Leaders' Conundrum: Using EQ to address it

Leadership

How do you walk the fine line between being perceived as likeable and competent - without veering into being too much of either? Research shows there is a definite middle-ground women need to occupy. We will consider the data, the options and how EQ tools help us move forward, effectively. This is a session for women and men.

Andrea Stone is a coach and facilitator and former leader in multinational corporations who uses EQ in her work with technology leaders. She is certified in Six Seconds tools and a Six Seconds Network Leader in Gurgaon, India.

Braving Trust

Leadership

Integrity is choosing courage over comfort. It's choosing what's right over what's fun, fast or easy, and it's practicing your Values – not just professing them. Here we will look at where we go when our limbic system is in hijack survival mode and how we take ourselves offline. Understanding ourselves gives us the ability to manage this process and engage with what builds trust within ourselves and others. Join this interactive session to find out more about you and trust.

Sharon Deal the founder of Who am I Foundation, a transformational coach and certified EQ practitioner in South Africa. She has a passion to develop leaders to walk in their Authenticity and to live, love and lead from this place.

