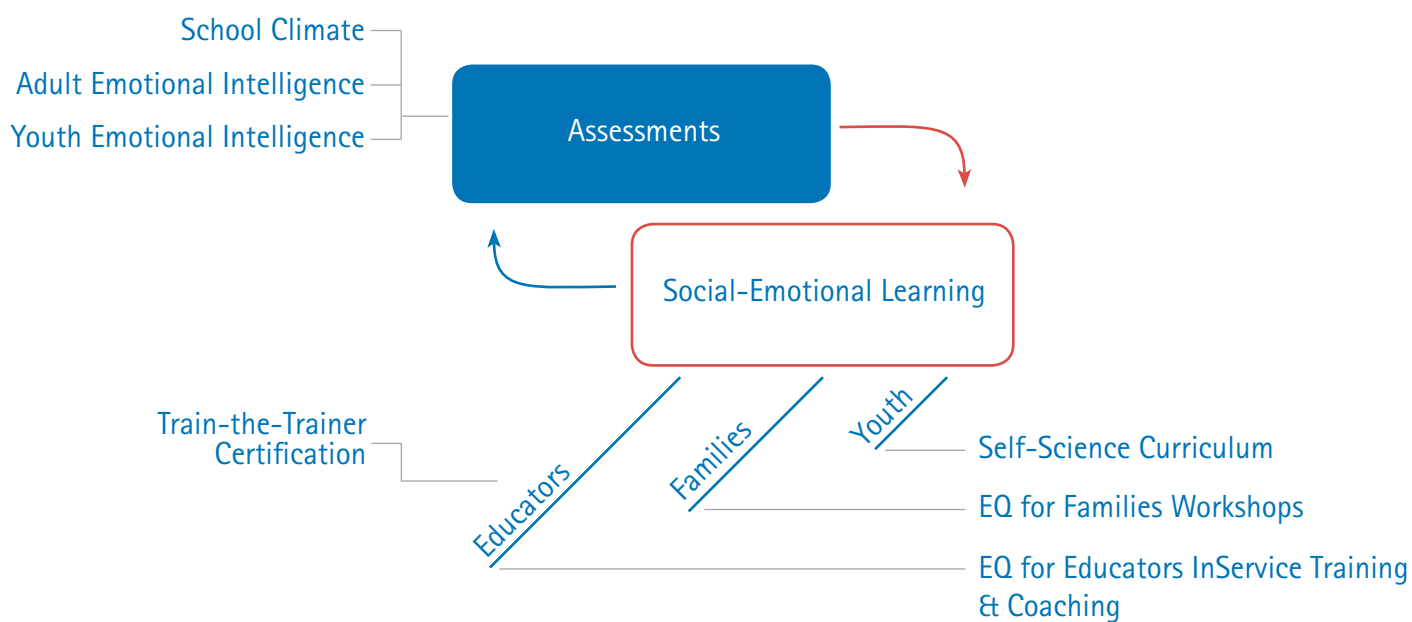




With research-based tools and exceptional training, Six Seconds helps create optimal learning environments where young people develop key skills for academic and lifelong success.



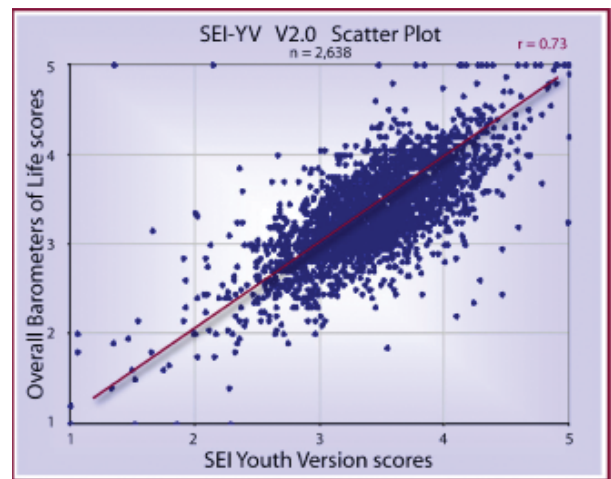
Helping Young People Thrive Through Emotional Intelligence

About Emotional Intelligence

Emotions can fuel commitment, awaken curiosity, and unlock compassion. Or, they can lead to destructive behavior, block learning, and spiral out of control. The difference is emotional intelligence – the capacity to be smart with feelings.

Emotional intelligence, or EQ, is strongly linked to critical outcomes for school and life success. The graph to the right shows how “Six Seconds Emotional Intelligence Assessment – Youth Version” results are correlated to a combination of positive:

- achievement
- health
- relationships
- life satisfaction
- efficacy



Study of over 2700 students EQ skills compared to “Barometers of Life” success factors. Source: A Case for Emotional Intelligence in our Schools, 2007 – 6seconds.org/case

About Six Seconds

Six Seconds is a global organization equipping change agents to make a positive difference.

A 501(c)3 not-for-profit organization with offices in six countries and practitioners in over 50, twelve years of proven history, and numerous published tools, Six Seconds is the first and most extensive international organization dedicated to developing emotional intelligence.

Six Seconds' success is based on 40 years of practical experience in the field, including running a school that won two federal blue ribbons for excellence in education, the continuous development of the *Self-Science* curriculum (described as a model for teaching EQ by Daniel Goleman in his book, *Emotional Intelligence*), training and coaching over 10,000 educators worldwide, and publication of numerous award-winning books, curricula, and assessments. Six Seconds works with schools as well as companies and organizations including FedEx, IBM, Lockheed Martin, Make-A-Wish Foundation, the US Navy, and the Boy Scouts of America.

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Six Seconds teaches a set of skills that helps people make wise and empathic decisions. The process follows three steps:

- **Know Yourself** :: self-awareness. It helps people understand their own thoughts, feelings, and actions.
- **Choose Yourself** :: self-management. It helps people follow their intentions and live more consciously.
- **Give Yourself** :: self-direction. It helps people align their daily choices with their values and purpose so they act with integrity.