

In this course you will ...

- Learn mechanisms to increase personal, team, and organisational performance.
- Experience Six Seconds' learning design that can enhance the effectiveness of all your training.
- Understand the powerful "Know Yourself, Choose Yourself, Give Yourself" model and approach to increasing and applying EQ.
- Review the latest research on the brain, emotions, and performance.
- Take home dozens of proven EQ exercises and learning tools.
- Strengthen your own emotional intelligence.

"I came to the Six Seconds course with high expectations and received far more than I could have ever hoped for. The instructors and facilitators were outstanding in their total commitment to the program and their personal caring for every participant. As a result, I am equipped and ready to apply what I have learned immediately in my personal and professional lives."
Susan Matthew
Lecturer, University of Sydney

Emotional intelligence ("EQ") is the ability to use emotions effectively, and it's the foundation of high-performing relationships. This course builds your capacity to develop this core ability.

"If you think you are too busy to do this course then you need this course now to improve your effectiveness. I recommend taking the opportunity to better know yourself, choose yourself and give yourself"
– Louise Collins – Group National HR Manager Queensland Rail.

"Six Seconds model for Emotional Intelligence is a program that has taken me on a journey to see a life with infinite possibilities."

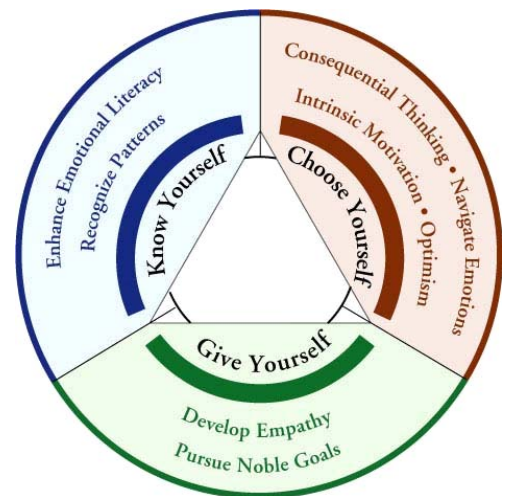
– Juliana Beltrame.

Learn from the leaders in the field how to raise emotional intelligence in yourself and others. Gain an in-depth understanding of emotional intelligence as you develop new tools to apply immediately.

A recent group said the program increased their EQ toolbox by 68%, and when asked if the course would help them improve performance at work, they said it was 9.35 out of 10. Delegates call it "life changing and affirming," and "a transformational experience for everyone serious about emotional intelligence."

The program follows Six Seconds' Know Yourself, Choose Yourself, Give Yourself model for learning to develop and apply emotional intelligence.

Participants experience an EQ learning environment and learn how to use a range of effective tools that can be adapted to a variety of audiences.



"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

TOPICS INCLUDE

Why EQ? *If IQ increased by 25 points last century, why are people still having so much trouble succeeding?*

Defining EQ. *There are many different definitions of emotional intelligence – what does it really mean?*

Emotional Literacy. *How do people gain the vital power and information contained in feelings?*

The Brain. *What's the neuroscience behind emotional intelligence, and how do I use a Six Second Pause to shift out of reaction?*

Patterns. *What keeps people repeating dysfunctional behaviours, and how do we change that?*

This is the only course of its kind – ideal for people seeking to incorporate emotional intelligence (EQ) into training or into their leadership to increase engagement.

Five full days of hands-on, dynamic instruction, activities, practical projects, networking, laughter, and learning. This workshop is highly active, brain-based, and experiential. The content is based on 35 years of practical teaching experience and the Self- Science curriculum featured as a model in Daniel Goleman's 1995 bestseller, Emotional Intelligence. Certified Associates are delivering programs in over 20 countries.



Choice and Values. *How do I help people align personal and organisational values?*

Optimism. *What skills empower people to take charge of their futures in the face of stress and change?*

Intrinsic Motivation. *Why don't incentives and employee-of-the-month programs create lasting change?*

Empathy. *What does it take to really connect with someone, understand them, and build a solid foundation?*

Noble Goals. *How can I help people discover their sense of purpose and assist them to live that in their daily lives?*

This course is delivered around the world by Six Seconds Australia.

The program is available in-house to build capacity in OD, Learning, and Leadership teams through Six Seconds Consulting Group

"I have accessed a toolbox and the expertise to apply the tools to achieve positive cultural change within my organisation"

– Penny Beeston, CEO Autism Queensland.

"The process is the content', led by a facilitator with the knowledge, wisdom and passion who brings out these things in every participant"

– Jenn Bedlington, Director Freelance Consultant Consulting.

"I gained a greater understanding on how I can use the EQ methodology to make my team and ultimately the whole division a great place to work for the existing staff and a place of choice for others to want to work in it"

– Carmel Hayman, Finance Industry

"This was an amazing experience with terrific personal and professional application. I walk away with tools, knowledge and passion."

– Rachel Saunders, Teacher

INVESTMENT:

Before 14 May,
\$3000 (+ GST)

15 May onwards,
\$3600 (+ GST)

Contact

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rebecca@6seconds.com.au

BRISBANE: Date: 30 August to 3 September 2010
Venue: AIM Facilities
Cnr Boundary & Rosa Sts, Spring Hill

Six Seconds EQ Certification

Certification Program

Level 1 EQ Certification
30 August to 3 September 2010

Applicant's Name (Name that you would like to appear on the certificate)

Profession

Position

Company Name

Mailing Address

Phone

Fax

Mobile Phone

E-mail Address

Payment Method

Direct Deposit Cheque

Cheque For (\$) enclosed.

Please make Cheque payable to:

"6 Seconds Australia"
PO Box 383
Mt Ommaney Qld 4074

Signature:

For more information, please contact Rebecca Redman at:

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Mailing Address: 6 Seconds Australia, PO Box 383, Mt Ommaney, Brisbane, Australia 4074

Registration & Payment Terms

Please send your \$500 deposit payment to us in order to confirm your attendance.

The Early Bird is valid:

Before 14 May 2010
\$3000 + GST

The standard program rate is

15 May 2010 onwards
\$3600 + GST

Our preferred payment method is direct debit to the following account number:

Bank: Commonwealth
Account Name: 6 Seconds Australia
BSB: 064 000
Acc Number: 1165 8994

If you prefer to pay by cheque, please make this payable to "6 Seconds Australia".

Please note that after the registration, additional documents will be sent to you via email. This will include the schedule, the Training Agreement and certification requirements.

We have strictly limited places and your place will be confirmed in order of receipt of payment.

Refund of Fees

If you cancel with 30 days notice, your fee will be refunded less a \$200 processing charge. Less than 30 days notice, refunds will only be given if your space is filled by another delegate. In the event we cancel, a full refund will be provided, and you will be notified at least three weeks prior to the course.

Cancellation

6 Seconds Australia reserves the right to cancel the program due to low enrolment or other unforeseen circumstances and notice will be given at least 3 weeks in advance.