

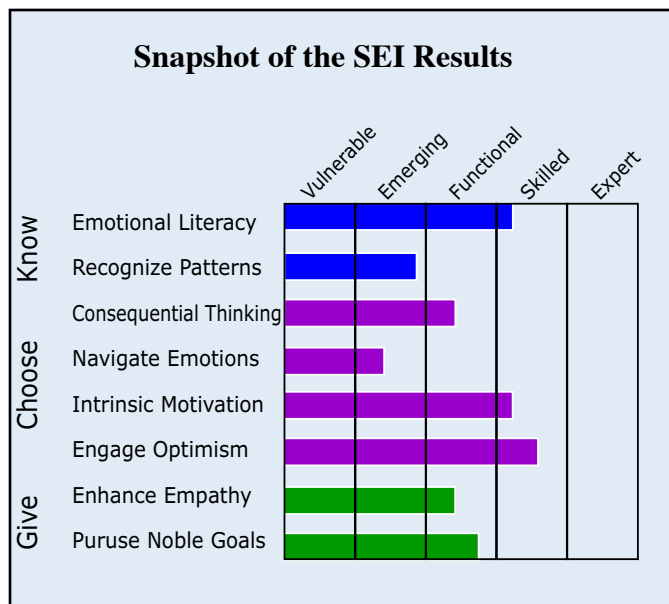
◆ Six Seconds Emotional Intelligence Test

The Six Seconds Emotional Intelligence Test (SEI™) is an effective self-assessment that helps people develop and apply emotional intelligence professionally and personally. The test predicts over 54% of important success factors: effectiveness, relationships, quality of life, and health.

Created by a team of emotional intelligence development experts, the test focuses on eight learnable skills. It comes with a detailed report with many specific and practical development suggestions. The test includes over 100 questions and two self-correcting indices to increase its statistical rigor.

The SEI is the only test measuring the Six Seconds' Model of Emotional Intelligence

- *Know Yourself* is increasing self-awareness. It helps people understand their own thoughts, feelings, and actions.
- *Choose Yourself* is building self-management and self-direction. It helps people follow their intentions and live more consciously.
- *Give Yourself* is aligning daily choices with a larger sense of purpose. It helps people lead more effectively, relate meaningfully with others, and make the most of life.



The SEI was developed and researched in Europe and has been validated in North America and Asia. With over 100 test items, this self-correcting questionnaire is available online or on paper in English and Italian (other languages pending). The test measures eight fundamentals of EQ, including emotional literacy, emotional management, and empathy.



www.6seconds.org/sei/

“The Six Seconds Emotional Intelligence test (SEI™) provides a clear and practical assessment of eight key emotional intelligence (EQ) skills such as emotional literacy, self-management, and empathy. Focused on professional and personal development, the test includes extensive recommendations for learning and improvement.”

- Yahoo News, 6/8/05

◆ Features and Benefits

- Easy-to-apply model designed for development.
- Online assessment in 20-30 minutes.
- Detailed report explains each skill, why it matters, and how to improve.
- Created for professional development, the test includes over 20 specific strategies for improving EQ competence.

Background

In 1997, a team of educators developed the Six Seconds EQ Model based on 30 years of experience developing emotional intelligence with adults and children. The model integrates leading thinking on this emerging science into a practical, usable, memorable structure.