

Six Seconds is a global network supporting people to create positive change – everywhere, all the time.

“Everywhere” means in all parts of society — work, school, home, community. “All the time” means positive change is part of daily life.

Through 15 years of experience and extensive research, we’ve found that the scientifically based skills of emotional intelligence (EQ) are essential for change. These skills are learnable, and predict stronger effectiveness, influence, decision-making, health, relationships, and quality of life. Therefore, **our vision is that by 2039, one billion people will be practicing the skills of emotional intelligence.**

From our start in 1997 through 2012, our network has supported over half a million people to do so. To reach one billion, we need to go further, so we’re actively looking for allies. To support positive change, we’ve developed transformational, globally relevant, and scientific:

- **Tools** (assessments, curricula, books, activities)
- **Training** (in house programs for businesses, schools, and organizations — plus public courses for people at work and at home — plus practitioner certifications to develop exceptional expertise at supporting positive change with our tools & methods)
- **Consulting** (partnering with leaders as “people experts” to create positive change in businesses, schools, organizations)

To directly affect the future, to maintain our edge in innovation and transformational learning — and to showcase the power of these methods — we also operate a remarkable elementary school as our “lab” in Silicon Valley: Synapse School.

We also conduct ongoing research — and provide grants to support the implementation of EQ around the world.

The Six Seconds Network includes over 50,000 virtual members, over 5,000 certified practitioners, dozens of Preferred Partners, and 10 international offices under the guidance of an exceptional board, visionary change leaders, and a world class team. Six Seconds is the first and largest organization 100% dedicated to the development of emotional intelligence, a powerful toolset to support people to create positive change — everywhere, all the time.

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