

### The Six Seconds Emotional Intelligence Assessment (SEI):

#### What makes SEI such an effective assessment tool?

Where several other EQ tools provide meaningful feedback, the SEI is unique because it's not JUST feedback, it delivers a process framework that equips people to actually USE emotional intelligence.

**SEI** also links EQ to real life; it includes two questionnaires, an assessment of current "success factors" (e.g., effectiveness and relationships) and the EQ measure; this puts EQ in the context of important work & life outcomes, providing the "so what?" to make EQ relevant.

**SEI** is a scientifically validated, practical measure of emotional intelligence with an action-oriented model supporting people to use and improve their EQ skills. Built on the Six Seconds Model of Emotional Intelligence, the SEI is unusual:

Where other tools provide a diagnosis, SEI provides a **framework for action**. The model is **simple enough** to jump in, but **sophisticated enough** to drive long-term transformation.

**SEI** is the complete solution for EQ measurement and development. This suite of well validated, effective tests measure EQ and equip people with a framework for putting emotional intelligence into action.

**SEI** is used in over 150 countries for a broad range of training, coaching, selection, and development needs in organisations from **FedEx** to **Qatar Airways** to the **U.N.** 

SEI is available and validated in 20+ languages.

**SEI** is best-in-class because of the blend of **robust** psychometrics, real-world **practicality for a wide range of needs**, and global **relevance**.

**SEI** results in the 8 competencies of EQ and the 8 success/performance indicators aligned to EQ, concluding in a comprehensive report.

# **Know Yourself:**

1-Enhance emotional literacy

2-Recognise patterns

# **Choose Yourself:**

3-Consequential thinking

4-Navigate emotions

5-Intrinsic motivation

6-Optmism

# **Give Yourself:**

7-Increase empathy

8-Pursue noble goals

**SEI** assessment is accompanied by a 60 minute 1-2-1- coaching session, where results are explained and brought to life.



#### **Brain Brief Profile**

The Brain Brief Profile (BBP) is a one-page synthesis of the way a person's brain processes emotional and cognitive data.

Starting from neuroscience and 15 years of research on emotional intelligence, the BBP provides a simple, practical summary of a person's style for using emotional intelligence – how they are integrating thinking + feeling to make good decisions to drive positive results.

**How to use**: The BBP is highly effective for development, learning, coaching, mentoring, team development and for managers to use to build communication with their people.

What's in it: The BBP is based on three dimensions of EQ:

Focus: Do you prefer data that is analytical or emotional?

Decisions: Do you tend to protect or innovate?

Drive: Are you usually motivated by the practical or the idealistic?

These scales create 8 profiles:

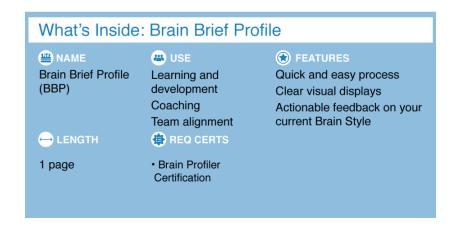
Scientist: Accurate, Careful, Precise.

Visionary: Passionate, Transformative, Forward-thinking.

**Inventor**: Analytical, Creative, Open. **Guardian**: Caring, Careful, Pragmatic.

Strategist: Precise, Careful, Future-oriented.
Energizer: Committed, Creative, Real-world.
Deliverer: Task-oriented, Generative, Practical.
Sage: Caring, Protective, Long-term focus.

The Brain Brief Profile comes with a free "Brain Brief Interpretation Guide," an e-book about Brain Styles. It includes additional background, plus how to work with your style – and how to work with people of other styles.





#### **Brain Talent Profile**

How can you best use your brain's capabilities?

Based on robust research evaluating 1000s of leaders today, we've identified the 18 essential talents to create the future. Like a smartphone app, these "Brain Apps" are tools to build effectiveness.

Which "apps" do you want to run today?

**How to use**: The BTP is ideal for career and performance coaching, team forming, and a wide range of training & development. What are the top talents in your team? Are you using them?

What's in it: The BTP is based on 18 Brain Apps:



