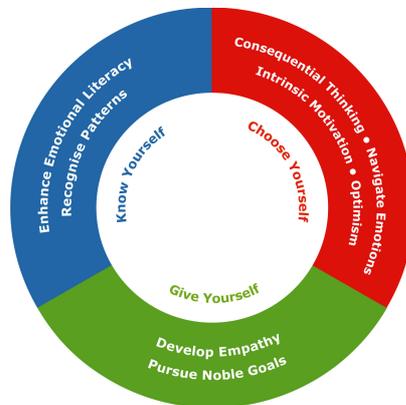


# Six Seconds Model of Emotional Intelligence

The Six Seconds model turns emotional intelligence theory into practice for your personal and professional life.

Emotional intelligence is the capacity to blend thinking and feeling to make optimal decisions — which is key to having a successful relationship with yourself and others. To provide a practical and simple way to learn and practice emotional intelligence, Six Seconds developed a three-part model in 1997 as a process – an action plan for using emotional intelligence in daily life.

This model of EQ-in-Action begins with **three important pursuits**: to become more aware (noticing what you do), more intentional (doing what you mean), and more purposeful (doing it for a reason).



## Know Yourself

*Clearly seeing what you feel and do.* Emotions are data, and these competencies allow you to accurately collect that information.

## Choose Yourself

*Doing what you mean to do.*

Instead of reacting “on autopilot,” these competencies allow you to proactively respond.

## Give Yourself

*Doing it for a reason.*

These competencies help you put your vision and mission into action so you lead on purpose and with full integrity.

“Under” the three pursuits live eight specific, learnable, measurable competencies. They’re measured through the [Six Seconds Emotional Intelligence Assessment](#) – or SEI. Here are the eight competencies – with definitions below

<b>Pursuit</b>	<b>Competency</b>	<b>Definition</b>
<b>Know Yourself</b>	<b>Enhance Emotional Literacy</b>	Accurately identifying and interpreting both simple and compound feelings.
	<b>Recognise Patterns</b>	Acknowledging frequently recurring reactions and behaviours.
<b>Choose Yourself</b>	<b>Apply Consequential Thinking</b>	Evaluating the costs and benefits of your choices
	<b>Navigate Emotions</b>	Assessing, harnessing, and transforming emotions as a strategic resource.
	<b>Engage Intrinsic Motivation</b>	Gaining energy from personal values & commitments vs. being driven by external forces.
	<b>Exercise Optimism</b>	Taking a proactive perspective of hope and possibility.
<b>Give Yourself</b>	<b>Increase Empathy</b>	Recognizing and appropriately responding to others’ emotions.
	<b>Pursue Noble Goals</b>	Connecting your daily choices with your overarching sense of purpose.

At the core, emotional intelligence is something to BE. By being more emotionally intelligent, smarter with feelings, you will more accurately recognize emotions in yourself and others. This data will help you make decisions and craft effective solutions to the “life puzzles” you face each day. It’s also important to put it in action – hence the verbs. The three pursuits – and the eight competencies – are actions.