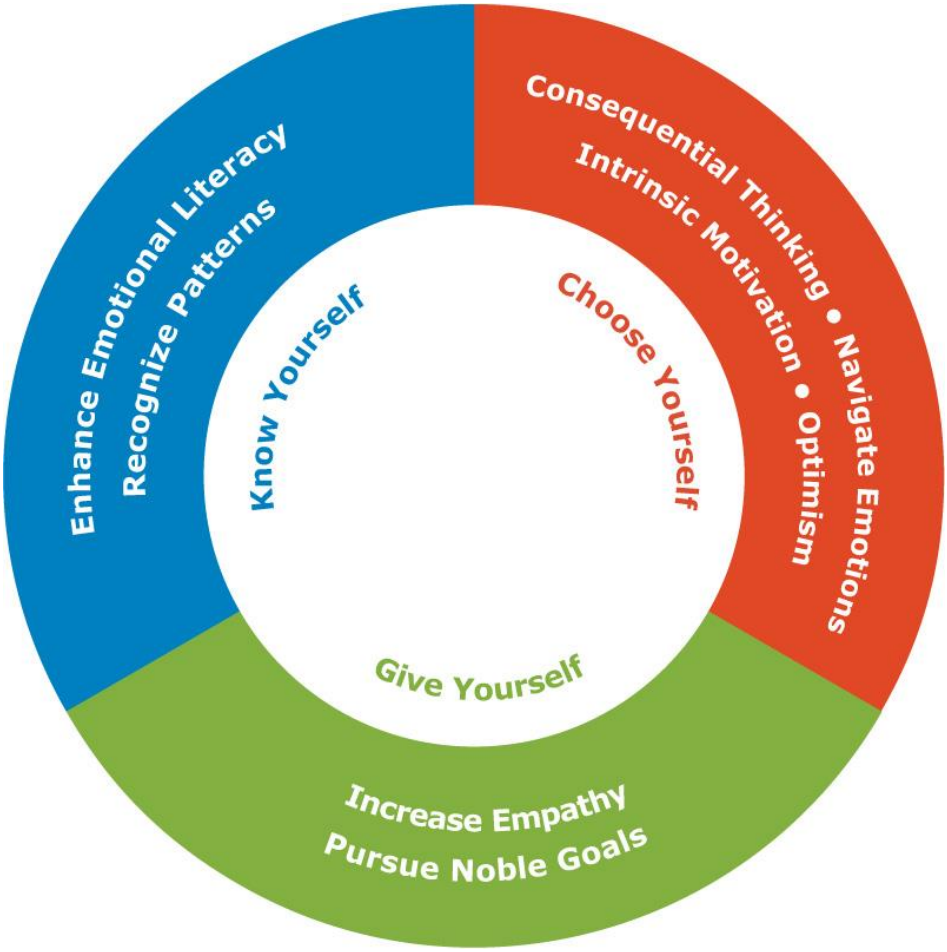
The Six Seconds EQ Model



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

Six Seconds Emotional Intelligence Model
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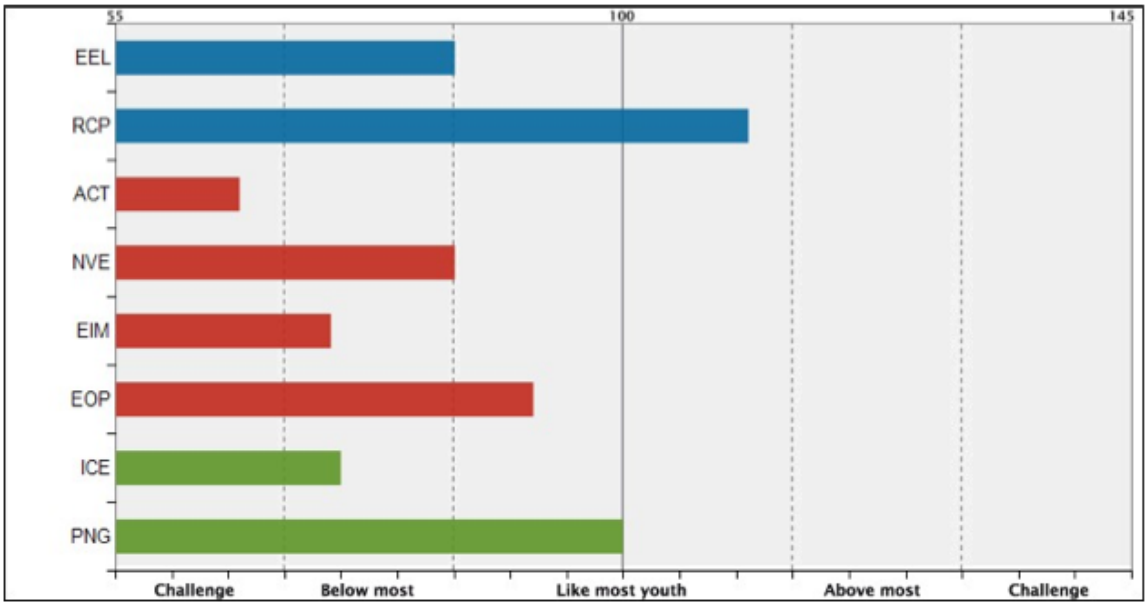
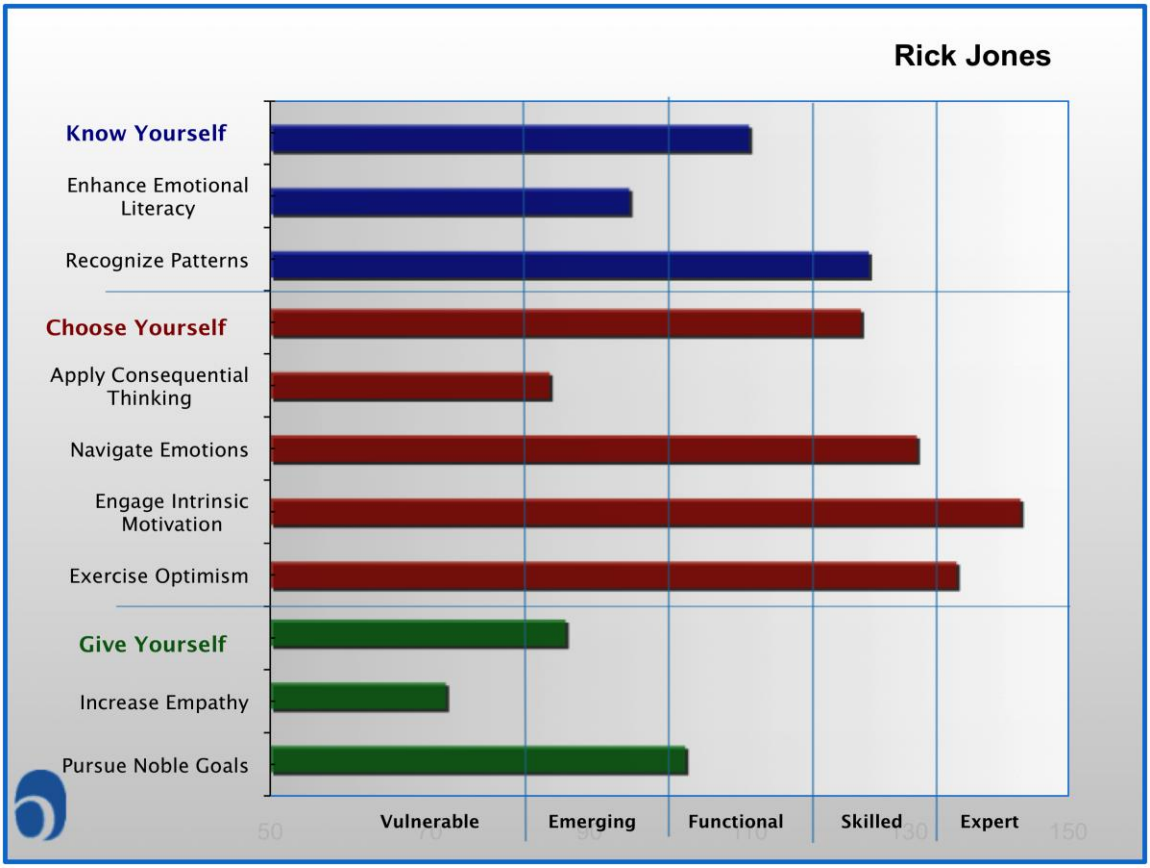
Fictional Case: “Dexter”



EEL – Enhance Emotional Literacy
NVE– Navigate Emotions
ICE–Increase Empathy
RCP – Recognize Patterns
EIM–Enhance Intrinsic Motivation
PNG–Pursue Noble Goals
ACT–Apply Consequential Thinking
EOP–Exercise Optimism



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