


**LET'S CELEBRATE
SEL DAY!**

FREE WEBINAR

SIX SECONDS THE EMOTIONAL INTELLIGENCE NETWORK: FROM RESEARCH TO THE PRACTICAL AND FUN SIDE OF EMOTIONAL INTELLIGENCE!

 **DATE**
7 March, 2024

 **TIME**
7:00 PST | 15:00 WET | 16:00 CET



JOSHUA FREEDMAN



ILARIA BOFFA

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**European Network for
Social and Emotional Competence**

PROGRAMME

FREE WEBINAR with Six Seconds The Emotional Intelligence Network

7 March 2024, 16:00 - 17:30 CET

16:00 - **Welcome** - Sanja Tatalović Vorkapić, ENSEC Chair, PhD, Full Professor, Faculty of Teacher Education, University of Rijeka, Rijeka, Croatia

16:05 - **From research to the practical and fun side of Emotional Intelligence!** - Joshua Freedman, co-founder and CEO of Six Seconds & Ilaria Boffa, Education and Community Manager for Six Seconds Europe

16:55 - **Open debate** - Adriana Klarić & Adriana Frazão, ENSEC Chair Assistants

17:10 - **Conclusions & Closure** - Paula Lebre, ENSEC Chair, PhD, Assistant Professor, Faculdade de Motricidade Humana, University of Lisbon, Lisbon, Portugal

SPEAKERS



Joshua Freedman is one of the world's top experts on using emotional intelligence to improve performance. He's the co-founder and CEO of Six Seconds, the global non-profit dedicated to teaching people how to use emotional intelligence (EQ).

Joshua leads the world's largest study of emotional intelligence, with breaking research dropping later this year. He is also the author of 5 emotional intelligence books, including the best-selling *At the Heart of Leadership: How to Get Results with Emotional Intelligence*. He has helped hundreds of organizations, including FedEx, Qatar Airways, the US Navy, P&G, Microsoft, Intel, Amazon, HSBC, and the United Nations, use emotional intelligence to get better results. His work leads to a people-centered culture that strengthens leadership, sales, employee wellbeing, retention and innovation.

SPEAKERS



Ilaria Boffa is the Education and Community Manager for Six Seconds Europe and has been designing and facilitating EQ programs for over 10 years. She supports educators and consultants in education to integrate EQ & SEL in their activity and organisations. She is one of the co-authors of the latest release of Self Science (the Six Seconds SEL curriculum) and one of the co-designers of the new EQ Educator pathway, the professional development set of courses for teachers and consultants. She has onboarded over 400 EQ Network Leaders in the world over the years.

She is also a tai chi teacher, an author of poetry and a mother.



www.6seconds.org

is a global non-profit organization whose mission is to increase the world's emotional intelligence by researching and teaching EQ, creating evidence-based tools and methods to support transformational change in individuals and organizations, from schools to fortune 500 companies.

Six Seconds is a Business Partner of the International Coaching Federation (ICF), accredited by the Society of Human Resource Management (SHRM), an SDG Action Partner of the United Nations and partner of UNICEF World Children's Day with its Pop Up Festival activities.