



Liz Plaster is a certified associate of the Six Seconds Emotional Intelligence World Wide Network. Six Seconds is a 501©3 not-for-profit, founded in 1997, with organizations in six countries and practitioners in over 50.

Six Second's Self Science curriculum (described as a model for teaching EQ by Daniel Goleman in his 1995 book, "Emotional Intelligence) was first published in 1978. Since then, hundreds of schools in the U.S. and abroad, companies including FedEx, IBM, and Lockheed Martin, as well as organizations such as Make-A-Wish Foundation, the U.S. Navy, and the Boy Scouts of America have participated in their offerings.

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