

2025

IMPACT REPORT

GLOBAL REACH, MEASURABLE OUTCOMES AND
A GROWING MOVEMENT FOR EMOTIONAL INTELLIGENCE



Practicing EQ at scale

At a Kindness POP-UP Festival in Dubuque, student and city volunteers partnered to bring emotional intelligence to life for 1000 second graders and college students for a joyful, sunny, community experience.

Change doesn't happen just because we care. It happens because we practice.

Across the Six Seconds Network, people are putting emotional intelligence into action, in classrooms, communities, workplaces, and systems around the world. This report shares what happens when EQ becomes a shared, lived practice.

Six Seconds is a global nonprofit working to ensure that people everywhere have the emotional intelligence skills to thrive. In 2025, our mission advanced dramatically, expanding access to EQ tools, strengthening youth resilience, scaling community programs, deepening research, and supporting leaders and practitioners worldwide.

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"I wake up knowing I'm not alone. I'm part of a global family working in 200+ countries – ready to bring POP-UPS, EQ Cafés, and Climate of Emotions into schools, NGOs, and communities. Watching the ripple effects grow is incredible."

– Sajimol Prashant, India



Practicing EQ for yourself

Participants at Climate of Emotions exchanging climate stories and emotions. Self-awareness is the starting point for resilience and agency.

At Six Seconds, we believe all change starts inside.

When people understand their emotions, they make wiser choices, build healthier relationships, and create environments where people can thrive. This ripple effect drives Six Seconds' Theory of Change Model – from individual insight to stronger relationships and more human-centered systems.



Practicing EQ at scale

Student leaders facilitating at Climate of Emotions event for NYC Climate Week. EQ builds agency and gives momentum for positive action.



Practicing EQ together

Student volunteers leading POP-UP Festival activities at the Canadian International School in Hefei, China. EQ grows through connection, empathy, and shared experience.

WHAT WE ACHIEVED TOGETHER IN 2025

*Delivered across MEAI, APAC, Europe, China, Latin America, and North America

602

direct EQ
learning events

26K

participants
developing EQ skills

61K

person-hours of
facilitated EQ
development

400+

EQ Cafés facilitated by
volunteer leaders
across 7 global regions

152

climate activists
trained during NYC
Climate Week

1M+

SEI assessments
completed worldwide
(lifetime milestone)

1M

members in the
Emotional Intelligence
Network on LinkedIn

69M

Instagram views
over last 90 days
(@6secondseq)

20K+

people engaged through
regional & global
programs this year

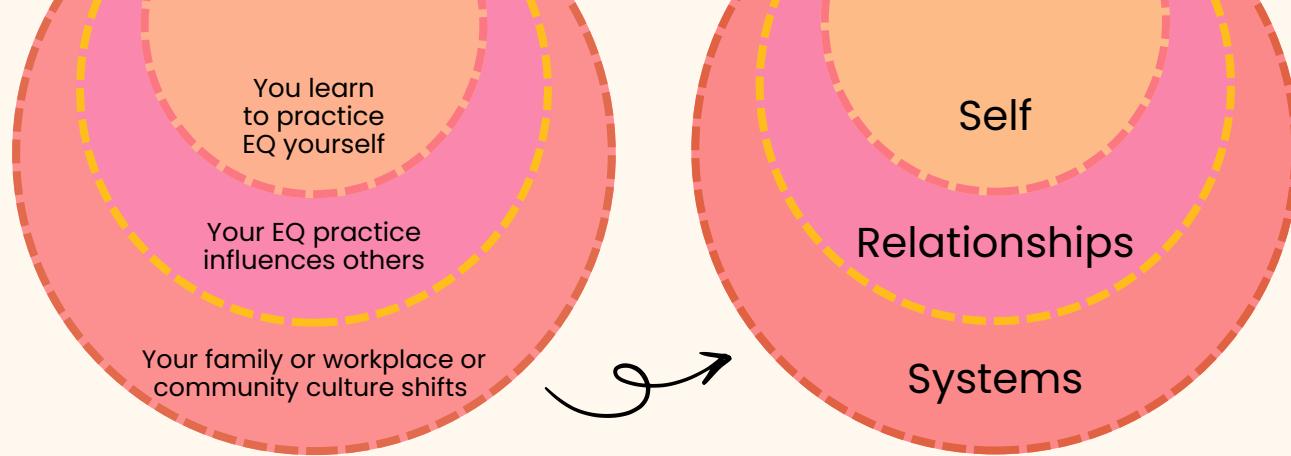


Practicing EQ together

Six Seconds Network volunteers in Trento, Italy created a POP-UP Festival for local children. Community practice strengthens relationships and wellbeing.

"Each Six Seconds event feels like my personal batteries are recharged. Connecting with others who care about emotional intelligence gives me more energy and enthusiasm to keep going."

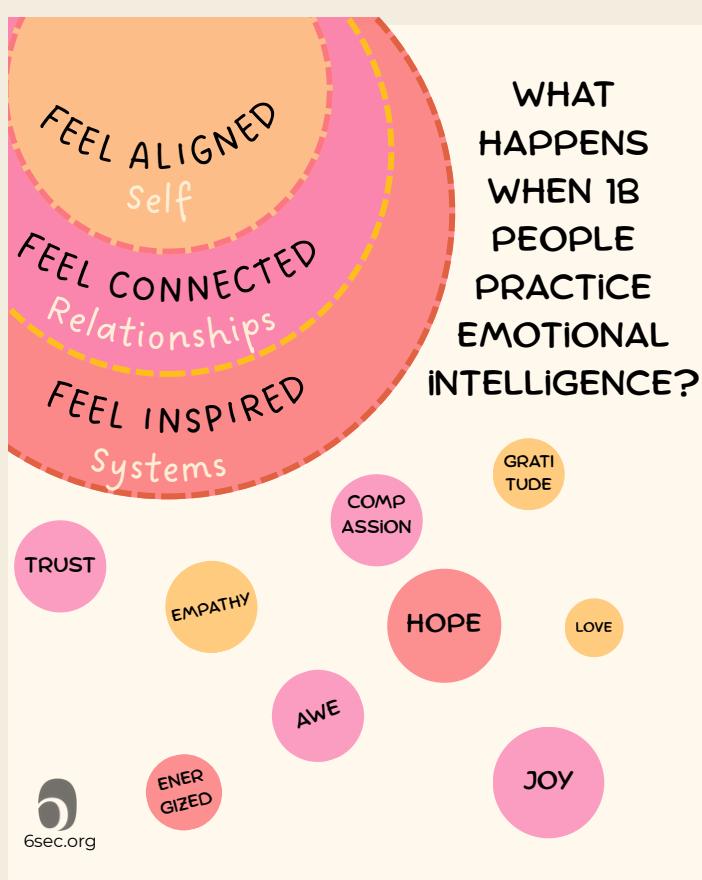
—Ann Rogers, UK



Six Seconds' Theory of Change Model™
How emotional intelligence practice grows from the inside out.

How emotional intelligence practice creates impact

Emotional intelligence practice begins with the self, influences relationships, and over time shapes families, workplaces, and communities. This is how individual practice adds up to collective impact.



What happens when we practice emotional intelligence?

When people practice emotional intelligence, they often feel more aligned within themselves, more connected with others, and more inspired about the systems they're part of. Emotions like trust, empathy, hope, and joy become more accessible and more shared.

This graphic is shared through our @6secondseq Instagram community, one of the ways we offer free emotional intelligence resources reaching millions of people each month and invite people around the world to practice together.

PRACTICE PUTS GOALS INTO ACTION

At Six Seconds, impact grows through the shared practice of emotional intelligence.

What we practice

The Six Seconds models, tools, and learning philosophy help people understand emotions and make wiser choices in everyday life. They are practical and designed to be used across classrooms, workplaces, families, and communities.

How we practice

Practice shows up in small, human moments. People pause, notice what they are feeling, and choose how to respond with care. Over time, these moments strengthen relationships and shape culture.

Who we practice with

The Six Seconds Network is a global community of people applying these ideas in real life. When people come together across countries, cultures, and roles, they experience connection, support, and shared energy. That sense of belonging helps people keep practicing.

Why we practice

Practice begins with the self, extends into relationships, and influences systems over time. This is how emotional intelligence supports wellbeing and lasting change at scale.



Practicing EQ at scale

Early childhood class in Vietnam uses POP-UP Festival to share emotions and build understanding across campus and with parent community.



Practicing EQ at scale

Partnering with Inclusion Matters, a POP-UP Festival in Los Angeles brought emotional intelligence to a community event through inclusive, hands-on activities. Collaboration allows EQ practice to reach more people in ways that feel welcoming and real.

Support the practice that turns intention into impact.
6sec.org/give

YOUTH WELLBEING & CLIMATE RESILIENCE

Climate of Emotions (COE) – Measurable Youth Wellbeing Impact

To strengthen youth wellbeing and climate resilience, Six Seconds created Climate of Emotions (COE), a program helping young people transform climate distress into purposeful action.

The 2024 pilot study (OSF preprint) demonstrated statistically significant emotional improvements:

10.6%

11%

8.2%

5.2%

decrease
in climate
anxiety

decrease
in climate
isolation

decrease
in climate
powerlessness

increase
in climate
enthusiasm

These outcomes confirm that emotional intelligence tools help young people reduce distress, strengthen connection, and build resilience – core components of our Theory of Change.

Learn more about Climate of Emotions program: 6sec.org/climate



Practicing EQ at scale

Climate of Emotions at 2025 NYC Climate Week brought together 150 youth performers, facilitators, and activists to explore the emotional dimensions of climate change. Through arts, storytelling, and collective reflection, participants practiced emotional intelligence to build resilience, demonstrating how emotional skills can support large-scale social and environmental action.

GLOBAL RESEARCH & THOUGHT LEADERSHIP

Research is a core part of our Impact work—providing validated data to guide programs, elevate global understanding, and demonstrate what supports wellbeing and performance.

Emotional Recession Study

Published in *Frontiers in Organizational Psychology*

8,192 views & downloads

In the **top 5%** of all research outputs scored by Altmetric

This peer-reviewed work uses six years of SEI data to map global emotional shifts and their organizational implications, bringing critical attention to the decline in emotional skills worldwide.

Read the research on Emotional Recession:

<https://doi.org/10.3389/fpsyg.2025.1701703>

SEI Assessment Milestone

We surpassed **1 million SEI assessments**, making our dataset one of the most robust emotional intelligence databases globally—directly strengthening our capacity for evidence-driven impact.

For the first time in my life, I actually feel like I belong with the right people. Humans who share a similar vision of what the world could look like with more awareness, compassion and patience.

—Remi USA



Practicing EQ together

Six Seconds volunteers in Singapore creating spaces for children and families to connect through play and emotional learning.



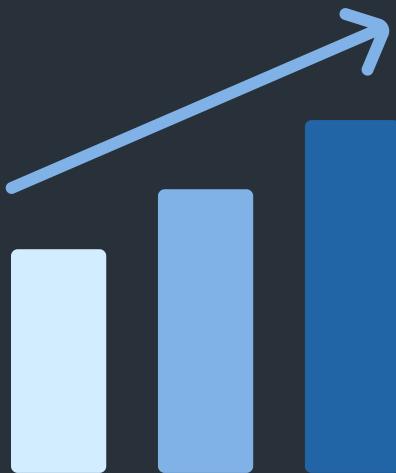
Practicing EQ at scale

Students in India participated in large-scale POP-UP Festival activations, practicing EQ together and strengthening connection across entire school communities.

HOW WE STEWDED RESOURCES

(2024 VERIFIED FINANCIALS)

To deliver global impact Six Seconds invested in three integrated program pillars in the most recent verified financial year.



EQ IMPACT — \$315,293

Youth wellbeing, POP-UP Festival, Climate of Emotions, EQ Cafés, research, global community programs

- 32,409+ participants
- COE outcomes demonstrate measurable emotional improvement
- POP-UP youth programs with UNICEF
- Research informing global understanding of emotional wellbeing

EQ PRO — \$1,093,054

Certification trainings, tools, and capacity-building for EQ practitioners

- 737 certification participants (25+ countries)
- 2,724 active certified professionals
- 501,018 people supported through Pros' programs, coaching & education

EQ BIZ — \$617,903

Organizational partnerships, coaching, leadership development, and culture transformation

- 100+ organizations strengthened
- Improvements in psychological safety, engagement, wellbeing, collaboration, and retention

These investments in 2024 created the foundation for the expanded global reach you see in 2025. Every dollar fuels direct programs, multiplies capacity through trained professionals, and advances research that shapes the global field of emotional intelligence. 6sec.org/give

We couldn't have done it without your generous

support.

Help us reach our vision.

People across communities, workplaces, and schools are navigating unprecedented levels of overwhelm, loneliness, and uncertainty. Emotional intelligence is not “nice to have”—it is the foundation of wellbeing, connection, resilience, and effective leadership. Six Seconds is building one of the world’s most accessible, research-backed ecosystems for emotional intelligence. Your partnership accelerates this movement and brings us closer to our vision of 1 billion people practicing EQ.

Practicing EQ for yourself

A student in Kavrepalanchok, Nepal sharing his emotions and goals.



“Six Seconds helped me understand my feelings more clearly and respond with intention instead of reacting. I now have the confidence and tools to build healthier communication and stronger relationships.”

— Maha Al Hosni, Oman

Thank you
to all our donors
and volunteers.

For more information: patty@6seconds.org
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