

JOSHUA FREEDMAN

A leading expert on
applying emotional intelligence to
optimize performance.

Emotional intelligence (“EQ”) is the ability to use emotions effectively – the key competence for relating to people, sustaining drive, and making optimal decisions. Josh teaches people how to increase EQ to be happier, stronger, and more effective professionally and personally.

COO of Six Seconds, Joshua consults with leaders and teams around the world helping them use emotional intelligence to get better results. His clients include Lockheed Martin, the World Bank Group, Microsoft, American Express, Morgan Stanley, all branches of the US armed forces, Ethiad Airways, and the Make-A-Wish Foundation.

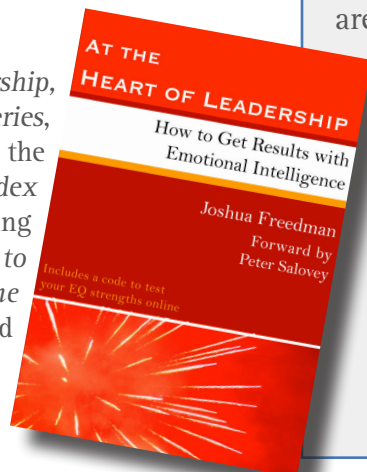
As a keynote speaker and facilitator, Joshua’s dynamic, humorous, and authentic style creates trust and leaves audiences motivated to take action. His presentations deliver hard-core science made practical, and are tailored to address specific organizational issues including:

Unlocking Leadership

Accelerating & Sustaining Change

Engaging Talent

Josh is the author of *At the Heart of Leadership*, the *Handle With Care EQ Activity series*, the *SEI EQ Leadership Assessment*, and the *Organizational Vital Signs Climate Index* as well as numerous articles and training programs including *The Inside Path to Change* in use by the US Navy and *At the Heart of Leadership* (a 6-month blended learning program with hard results).



“A recognized authority on how to teach and learn emotional intelligence, Josh knows how to translate cutting-edge research into applicable tools. His warm and engaging style makes him a favorite among diverse audiences.”

– Peter Salovey,
Dean, Yale University

“Josh’s passion and professionalism are ever present in his quest to ensure that his audiences understand, grasp and use their own and other’s emotional intelligence. His multitude of experiences and training make him a gifted trainer as well as an engaging speaker.”

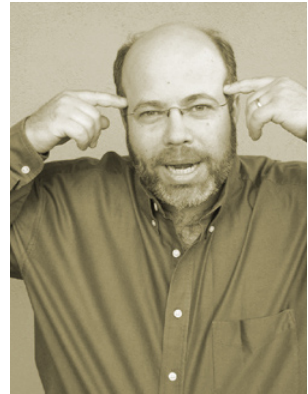
– Bob Ingram, Leadership Specialist
Center for Army Leadership

Joshua Freedman is one of the world's leading specialists on developing and applying emotional intelligence to improve performance.

For over a decade he has helped lead the world's preminent emotional intelligence organization, developing offices in six countries; top practitioners and researchers; renoun scientists and leaders as advisory board members; and award-winning materials including five validated assessment tools.

Joshua co-developed Six Seconds' EQ Certification Training which he has delivered on five continents as master-trainer to hundreds professionals seeking practical tools for learning and teaching emotional intelligence. He chairs the International NexusEQ Conferences and has helped launch emotional intelligence programs and companies in over a dozen countries.

Joshua's applied research focuses on organizational climate and the factors that enhance individual and team performance. Partnering with leaders, he works to identify key relationship and emotional intelligence factors that limit and enhance success, then helps organizations implement new system so teams excel and talent thrives..



“Freedman is a world leading authority on developing and applying emotional intelligence.”

– Xeal.com

“Training with Josh is transformational. You may get back home and feel like a labrador in a poodle town, but you will have great insights on yourself and others, a desire to make a positive future happen, and a personal commitment to something greater than just yourself.”

– CDR David A. Tubley,
US Navy Chaplain Corps

“Joshua Freedman is a pioneer in emotional intelligence development”

– CBS Marketwatch

“Josh is a person who has gentle dynamism, honesty that touches the heart, desire to make this world a better place so burning in his spirit that his eyes twinkle every time he connects with people.”

– Dr. Mala Kapadia, HR Director,
McCann-Erickson (India)

For more information, see:
www.jmfreedman.com