



NEWSLETTER



On the 20th and 21st of February 2019, PTS Africa in collaboration with Six Seconds, The Wangari Maathai Foundation and The Vale school Muthaiga, held an EQ 4 Africa Conference, the first of its kind in Kenya with the theme: **Transforming Africa: Leveraging EQ to Optimize Learning and Drive Organizational Performance.**

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The conference was born out of a desire to transform Africa. If we learn how to navigate emotions, it would impact individuals, organisations & communities.

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Mucha Mlingo, Founder PTS Africa

**DAY
ONE**

The theme for Day 1 was: **Experiencing the power of EQ to transform education in Africa by creating greater classroom engagement & increasing the motivation to learn.** It was attended by delegates in the education sector; individuals and schools.

In his welcome note, **Joshua Freedman, CEO of Six Seconds**, the Global EQ Network, stressed that children today are more stressed than adults for the first time. The good news is that EQ skills will help them navigate through this and help them flourish in the future.



Jayne led a brainstorming session on the Six Seconds learning philosophy and how it offers a great learning experience. She said the Six Seconds learning philosophy encourages curious

exploration saying, **"We need to be flexible and allow space for people to develop authentic, powerful, individual solutions."**



“Emotions are central to effective learning. We don't create meaning with emotion or analysis alone, optimal learning integrates feeling and thinking. When we praise the process of trying, we create a growth mindset in our children - a willingness & excitement to try

Jayne Morrison, Regional Director Six Seconds MEA

This took us to a panel discussion on **ReShaping Africa's Education: The Impact of Social & Emotional Learning** with **Solafa Batterjee**, CEO, Doorroob

Endowment and **Rebecca Crook**, Founder & Director, Metis; moderated by **Soiya Gecaga**, Founder, The Vale School.



The key takeaway from the panel discussion was:

If you are an educator and you are wondering how to get started, first **define success for yourself**, start with the commitment then practice these skills yourself. **Practicing Emotional Intelligence skills is contagious**. It creates the space for people around you to do the same.

The **Wangari Maathai Foundation Chair, Wanjira Mathai** spoke about Education and the 21st Century Skill Building and introduced the **Hummingbird Leadership Project** which is anchored on the existing school structure.

The Hummingbird Leadership Program is about inspiring the next generation of leaders. It's a personal leadership and character-building program for preteens and teens designed to inspire a new generation of principled citizens and activists in Kenya.



Wanjira Mathai, Chair Wangari Maathai Foundation

In collaboration with PTS Africa and Six Seconds, the Wangari Maathai Foundation is implementing an impact assessment tool to measure the effect of the Hummingbird Leadership Project, bringing together a phenomenal team of change makers to create a multi-generational solution to a complex problem.



The day ended with 3 workshops filled with activities that helped the delegates gain insights on

‘Cultivating Balance In The Classroom’,
‘Navigating Emotions To Drive Engagement’
and
‘Unlocking Power & Potential’.



DAY TWO

Day 2 was a milestone for organizations and individuals as we focused on the power of EQ to **cultivate and sustain a high-performance environment within organisations.**

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We have been taught to pay little attention to emotions. What if organizations across Africa integrated EQ into their corporate culture to gain competitive advantage? How would that Africa look? That is the Africa we want. Emotional intelligence is not a training. It is a way of being, it drives performance and fosters conducive work environments.



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Mucha Mlingo, Founder PTS Africa,
Six Seconds Preferred Partner Kenya



Jayne Morrison was the keynote speaker and she spoke on **The Vital Signs of Organisational Performance**. Research conducted by Six Seconds revealed that **2/3 of the top issues at the workplace are people issues**. The most frequent being; lack of communication and poor leadership inhibiting trust and change. **When EQ is a priority, organizations are 22% more likely to be high performing.**

The next session was a panel discussion on **Transforming Africa; Future Fit For The 2030 Workspace – The Impact Of EQ** with *Derek Bbanga*: CEO Public Image, *Sarah Richson*: CEO Rchemele International Consultants and *Tazim Elkington*: The Indian Black Butterfly. It was moderated by *Judy Mbuba*: Six Seconds EQ Practitioner and Certified Mediator.



Here's what they had to say :

“ Having EQ does not mean being soft. You are just applying intelligence and being able to influence paradigm shift

Sarah Richson, CEO Richemele International Consultants



“ Each individual has cells in the body that vibrate and exude energy- this is the energy that they pass on to the people around them.

Derek Bbanga, CEO Public Image



“ Emotions only last 30-45 seconds. So what is it that keeps emotion alive? It's the experience that caused the emotion that makes it last longer. Therefore in order to create a new present and future, one has to deal with their past

Tazim Elkington, The Indian Black Butterfly



Next up was a discussion outlining the findings of the **Six Seconds 'State Of The Heart Report: Africa Edition.'** moderated by Jayne Morrisson as she drew insights from Enahoro Okhae, CMO Pause Factory,

Nigeria and Solafa Batterjee, CEO Doorob Endowment, Jordan; **'Africa has an average EQ of 103, which is higher than the global average of 100. Why then is Africa not performing?'**



“Emotions are central to effective learning. We don't create meaning with emotion or analysis alone, optimal learning integrates feeling and thinking. When we praise the process of trying, we create a growth mindset in our children - a willingness & excitement to try”

Enahoro Okhae, CMC Pause Factory,
Six Seconds Preferred Partner, Nigeria

The day did not end there, more powerful speakers took to stage with Dr Patricia Murugami, CEO Breakthrough Consulting Solutions Group delivered a workshop on **Aligning Individual Purpose & Organisational Direction.** The delegates were intrigued when she mentioned we won't be distracted by comparison if we are captivated by purpose.

“Energy is contagious; positive and negative alike. We should be mindful of what and who we allow into our space”

Patricia Murugami, CEO Breakthrough Consulting
Solutions Group



Mucha Mlingo, Director PTS Africa and Six Seconds practitioner proceeded to enlighten the delegates on **'Building High Performance Teams'** based on the premise that people know that Emotional Intelligence is important, but they do not know how to operationalise it. Finally Enahoro

Okhae facilitated a session **'Mindful Self-Awareness for Effective Leadership'**. What was clear is that our emotions drive our behaviour, and these emotions are impacted by our values have been shaped by our environment.



Day 2 ended with a special treat to all who attended. **Premier Training Services Ltd officially transitioned to PTS Africa** an organization that utilizes Emotional Intelligence to drive change. No longer a training company, **PTS Africa is a boutique training & consultancy firm dedicated to the development of people utilising EQ data, tools and interventions.** In addition to this, the Wangari Maathai Foundation became the second Six Seconds Preferred Partner in Kenya, one of 4 Preferred Partners across the continent.

What an exciting end to the conference.

We Are Grateful To

Our Partners



**The
Vale School
Muthaiga**

Our Speakers

Ms Wanjira Mathai,
Chair Wangari Maathai Foundation
Mr Derek Bbanga, CEO Public
Image
Ms Sarah Richson, CEO Richemele
International Consultants
Ms Tazim Elkington, The Indian
Black Butterfly
Ms Judy Mbuba, Six Seconds EQ
Practitioner and Certified Mediator.
Dr Patricia Murugami, CEO
Breakthrough Solutions Group
Mr Onahare Okhae, CMC Pause
Factory

Mr Joshua Freedman, CEO Six
Seconds
Ms Jayne Morrison, Regional
Director Six Seconds MEAI
Ms Mucha Mlingo, Founder PTS
Africa
Ms Solafa Batterjee, CEO Doorob
Endowment
Ms Rebecca Crook, Founder &
Director Metis
Ms Soiya Gecaga, Founder Vale
School Muthaiga

Our Sponsor



Our MC : Mogusu Momanyi

More importantly to **Our Delegates** who attended the conference and got amazing insights on how they can leverage EQ to optimise learning & drive organisational performance.



What's Next?

We have added you to our EQ Talk Mailing . This is a weekly EQ soundbite to power your performance at work & in your community. You will also receive updates about the different programs that we run.

Save the date for our 1st EQ Café for 2019 – Thursday 21st March from 6pm at Kesh Kesh, Timau Plaza off Argwings Kodhek Road. More details will soon follow. Please note that this event is usually SOLD OUT within hours of the link going live.

Join the Six Seconds Facebook community through the link for future engagements and accountability

<https://www.facebook.com/sixseconds/>

Lastly, take a moment to look through the conference pictures. Feel free to share and tag us **@PTSAfrica** with **#AfricanEQRevolution #IDoEQ** highlighting how you purpose to Do EQ from now on!

Let's stay connected.