

Manuel Caviglia

Program Manager Life&Education, Italy

Manuel took a degree in economics and started working in a big company in the Finance Area. In a few years he decided he had to take a different path. Discovering the importance of personal growth and looking for a deeper sense of meaning he started attending, among other training experiences, a Coaching Course, got accredited with International Coach Federation (ICF) and he became, after a few years of practice, a professional Coach and Trainer.



Co-founder of CoachUrself, his organization became Six Seconds Preferred Partner in 2012 and since then Manuel has been focused in developing the culture of Emotional Intelligence with people, companies and schools delivering EQ related courses in many environments, working with managers, leaders, educators and kids.

Today Manuel is a PCC ICF Accredited Coach, EQ Master Practitioner, EQ Assessor, Master Trainer for EQ Educator Program with Six Seconds and has a lot of experience in leading people through change.

He has a strong belief that in every human being there is a great power to unlock and EQ is a very important key to use in order to open that door, as he personally experienced through his life journey.

To contact Manuel at the Six Seconds EQ Network:

Cell: (+39) 340 2497654

Email: manuel.caviglia@6seconds.org

Web: italia.6seconds.org