

Search Inside Yourself

2-day Program



The original 2-day mindfulness-based emotional intelligence training program developed at Google.

Improve focus and empathy to harness your team's full potential.

We teach leaders tools for deepening their focus, self-awareness and resilience.

Designed and tested at Google, the SIY program teaches mindfulness and emotional intelligence skills that lead to sustained peak performance, strong collaboration and effective leadership.

Participants will experience lasting improvements, including:

- Increased self-awareness and self-regulation, are the first two core emotional intelligence competencies.
- Practical take-away skills: a range of mindfulness practices, journaling, and techniques for self-awareness, empathetic listening, and preparing for difficult conversations.
- Tools to communicate with insight and awareness of others' emotions and perspectives.

The SIY program typically holds 20-80 participants and can be customized for a variety of participants, including:

- Senior Leaders and Executives
- Teams
- New Managers
- Individual Contributors
- Recent College Graduates

The 2-day interactive program includes:

- An overview of the neuroscience supporting mindfulness and emotional intelligence.
- A deep dive into the emotional intelligence capacities: self-awareness, self-regulation, motivation, empathy, and leadership.
- Practical exercises to focus attention and develop self-awareness and empathy, the foundation for self-mastery and leadership.
- Specific workplace applications to help participants achieve greater focus, emotional balance, empathy, and motivation.
- A highly interactive experience, with 1/3 presentation and 2/3 hands-on exercises.
- A 28-day challenge following the 2-day program. Daily resources and exercises are provided to help people build new habits after the training.



SIY
global

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Search Inside Yourself 2-day Program

AGENDA

Day 1

9:00 — Start

Practice:
Attention Training

How do you develop
emotional intelligence?

Mindfulness: Moving
from autopilot to aware

Practice:
Open Awareness

Practice: Body Scan

Self-Awareness:
knowing one's internal
states

12:30 — Mindful Lunch

Self-Management:
skillfully manage your
impulses and reactions

Practice:
Mindful Listening

Practice: Reframe and
respond to challenges
in the moment

Practice:
Self-Compassion

5:00 — End of Day 1

Day 2

9:00 — Introduction

Motivation: Align your
values and work

Exercise: Alignment with
values

Envisioning Practice:
Visualize your goals

Practice: Resilience,
recover from setbacks

Empathy: Understand
others' feelings and
experiences

Exercise: "Just like me."

12:30 — Mindful Lunch

Practice: Mindful Walking

Exercise:
Empathetic Listening

Leadership: Lead with
Compassion

Practice:
Compassion Practice

Exercise: Leadership
Commitment

Application Brainstorm

5:00 — End of Day 2

2 x 8-hour days

HOW THE PROGRAM WORKS:

The SIY program kicks off with a highly interactive two-day in-person session. It continues with a 4-week practice integration period delivered online and concludes with a webinar.

LIVE TRAINING

(2 days)

Experiential training in mindfulness, neuroscience and the five emotional intelligence capacities.

VIRTUAL PRACTICE

(4 weeks)

Daily exercises and resources delivered by email to help build new habits.

WEBINAR

(1 hour)

Reconnect with your teachers and group to review and set a plan for continuation.

TAP THE POWER OF MINDFULNESS FOR YOUR ORGANIZATION.

Reach out to Ingo, a Search Inside Yourself Certified Teacher, to find out how to bring SIY to your organization.

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