

# Search Inside Yourself

## 2-Day Program

This is the original 2-day mindfulness based emotional intelligence training program developed at **Google**.

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



We teach leaders tools for 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.

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.

Participants will experience lasting improvements, including:

- Increased self-awareness and self-regulation, 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.

### Audience

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

- Business Owners and Entrepreneurs
- Senior Leaders and Executives
- Teams / Managers / Individual Contributors
- Recent College/University Graduates

Tap the power of mindfulness for your organization or company.

Search Inside Yourself Leadership Institute partners with organizations of all sizes and sectors to develop a workplace that's more effective, collaborative and inclusive.

Visit us online at [SearchInsideYourself.ca](https://SearchInsideYourself.ca) to find out how to bring SIY to your organization.

***Taught on-site by three Canadian SIY Certified Teachers. This 2-day program is a deep-dive into mindfulness-based emotional intelligence skills and practical applications.***



Search Inside Yourself<sup>®</sup>  
Canada

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[SIYLI.org](https://SIYLI.org)

## 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.

***“I highly recommend SIY to anyone looking to improve the way their team works together, enhance their innovative thinking and clarity, reduce stress, improve general wellbeing, manage difficult conversations, and be generally more at peace.***

Barry Margerum  
Chief Strategy Officer Plantronics

## 2 Day Search Inside Yourself Program Agenda

### Day 1

9:00 – Start

Practice: Attention Training

How to 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: Reframe and respond to challenges in the moment.

Practice: Self-Compassion

5:00 – End Day 1

### Day 2

9:00 – Introduction

**Motivation:** Align your values.

Practice: Alignment with values.

Practice: Envisioning by visualizing your goals.

Practice: Resilience, recover from set-backs.

**Empathy:** Understand others’ feelings and experiences.

Practice: “Just like me.”

12:30 – Mindful Lunch

Practice: Mindful Walking

Practice: Empathetic Listening

Practice: Difficult Conversations

**Leadership:** Lead with compassion.

Practice: Self-Compassion

Practice: Leadership Commitment

Application: Brainstorm

5:00 – End Day 2



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