



PROGRAM GUIDE

Humanize work, deliver results.

We help you build a resilient, adaptable, and engaged workforce using cutting-edge research in organizational psychology and neuroscience, delivering measurable results.



www.siyglobal.com

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Learn about all our programs, and what it's like to work with SIY Global

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Working with SIY Global

about SIY Global

Bridging the latest in leadership research, emotional intelligence, and modern neuroscience, we help you build a thriving organization while delivering on your business goals.



SIY Global comes from the renowned Search Inside Yourself program, a mindfulness and emotional intelligence training originally developed at Google and later spun off as the Search Inside Yourself Leadership Institute.

We have been the market leader in social and emotional intelligence skills training in organizations for the past 13 years, working with over 250 highly influential global organizations in more than 50 countries. While our origin story began at Google, our evolution into a public benefit corporation represents our commitment to expanding our reach and making a positive impact for all our stakeholders, around the world.

We are a science-based global learning community that brings world-class teachers in social and emotional skills to organizations that want to build more engaged, connected, and high-performing workplaces where both people and business can flourish.

With a global provider network of over 600 certified, expert facilitators and coaches in our proprietary approach, we deliver evidence-based transformational, blended learning experiences that combine live, immersive, in-real-life experiences with digital learning to ensure that the new habits and skills employees develop are sustainable and impactful over time.

Over **100,000 people** have taken our flagship program, Search Inside Yourself, in more than **150 cities** and **50 countries around the world**. Our over **600 certified teachers** deliver programs in more than 60 countries and **17 languages**.

our methodology

We partner with organizations to enhance leadership, well-being, resilience, and collaboration, leading to improved performance.

Our unique approach builds emotional intelligence skills by using mindfulness as a foundation to cultivate awareness which is the basis for all other emotional intelligence competencies. Especially when cultivated in this way, emotional intelligence can be highly trainable. Our assessments provide evidence that our programs lead to improvement in a broad array of skills, including ability to manage stress, increase resilience, and empathy.

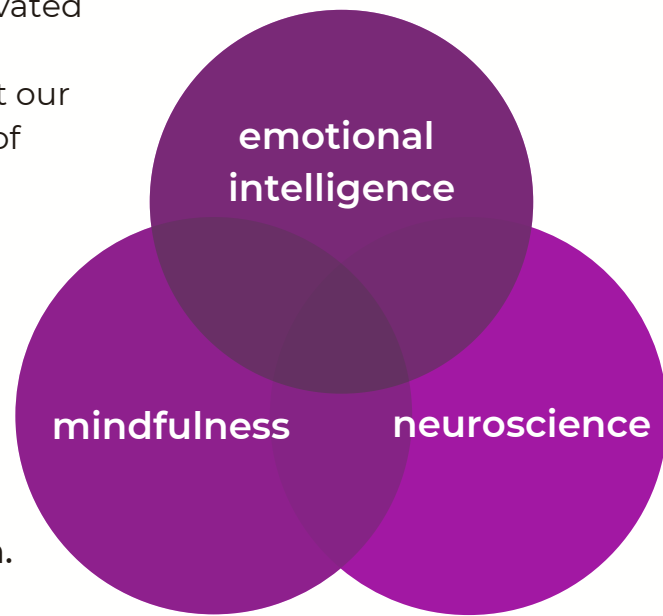
All of our programs are based in cognitive and behavioral sciences and we are supported by our science advisory board of leading experts to provide the most rigorous and up-to-date research.

Live, interactive trainings, online or in person.

We believe in creating transformational, practical and accessible experiences, whether in person or online.

Our team of experts has thoughtfully designed our programs for a highly interactive and optimal learning experience that maintains the magic of being together, regardless of the format.

All of our programs are live and interactive. They all include about one-third content and two-thirds experiential activities, designed to create a sense of intimacy and connection. Programs include small breakout group conversations, guided practices, journaling, question and comment periods, and time for integration.



SIY Global's trainings combine the invaluable benefits of emotional intelligence, mindfulness & leadership skills, based on the latest in neuroscience.

search inside yourself



2, 3, 6-day formats



online or in-person

search inside yourself

overview

Originally developed at Google, Search Inside Yourself (SIY) takes an science-based approach that combines neuroscience, mindfulness, and emotional intelligence. Through these disciplines, it helps participants to integrate key building blocks that can be applied at work and in life.

Program Structure

Search Inside Yourself starts with a live (online or in-person) training, followed by a four-week integration period to ensure new skills become enduring habits. The program is highly interactive, with approximately one-third content and two-thirds experiential exercises, including one-on-one group conversations, attention-training practices, journaling, and listening activities. It includes three components:

1. **Live training:** Online or in-person sessions, delivered in modules (12-16 hours)
2. **Virtual practice:** Weekly exercises and resources delivered by email (28 days)
3. **Capstone webinar:** Reconnect with fellow alumni to set a plan for continuation (1 hour)

Content Overview

In a Search Inside Yourself program, you can expect to learn about the following topics:

Leadership

Empathy

Motivation

Self-Management

Self-Awareness

Mindfulness

Self-Awareness

Enhance your perception of your own emotions, habits, and behaviors, while learning how to gather useful "data" from unpleasant emotions that arise from setbacks without becoming overwhelmed by them.

- Become comfortable with emotional responses.
- Be able to accurately assess your thoughts, behaviors, and emotions.
- Develop self-confidence.

Self-Management

Learn how to identify and work with emotional "triggers" and other difficult situations. Experiment with practical tools to keep you grounded and effective, even in emotionally charged situations.

- Learn to pause before reacting to your emotional triggers.
- Develop inner strength and ability to productively deal with difficult situations.
- Increase your resilience and ability to respond to setbacks as opportunities for growth.

Motivation

Discover and hone the values that drive your actions so your work and life are aligned with your values, goals, and purpose.

- Increase engagement and performance.
- Learn practices to dream big and increase motivation.
- Practice emotional and cognitive resilience to feel empowered to reach your goals.

Empathy

Understand the tools and habits that help to increase empathy and strengthen your ability to understand others' feelings and perspectives, allowing you to be a more effective collaborator. Explore the science and practice of empathy to grow collaboration, connection, and effective leadership, while supporting diverse teams to be more inclusive.

- Understand the neuroscience of empathy.
- Develop the mental habits of kindness, goodwill, and objectivity.
- Learn to attune to the emotional undertones in relationships in order to effectively navigate conflict.

Leadership

Learn to influence those around you with compassion, even while making difficult decisions. Communicate with greater insight into the different layers of emotions, perspectives, and identities, which drive relationships.

- Become skillful at influencing with compassion.
- Gain confidence in creating a positive outcome in conversations where strong emotions are present.
- Develop emotional courage to lead others.

sample 2-day 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

Empathy: Understand others'
feelings and experiences

Exercise: "Just Like Me"

12:30 — Mindful lunch

Practice: Mindful Walking

Exercise: Empathetic
Listening

Exercise: Difficult
Conversations

Leadership: Lead with
compassion

Practice: Compassion

Exercise: Leadership
Commitment

Application Brainstorm

5:00 — End of Day 2

Teachers:
2
SIY-certified
teachers

**Group size
recommendation:**
20-50 people

Delivery:
Onsite at your
company or
online, with
coaching follow-
up.



Key Benefits

Search Inside Yourself

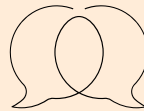
Search Inside Yourself brings out the best in your employees, allowing them to manage what's next with resilience, adaptability, and collaboration

Companies face huge challenges in our complicated and ever-changing world. The competitive advantage will go to those teams who can communicate well, include innovative perspectives, and see setbacks as opportunities for growth. Foundational to this sort of team are emotionally intelligent leaders. Cultivate them with the time-trusted program born at Google and taught for over 10 years with an industry-leading net promoter score (NPS).

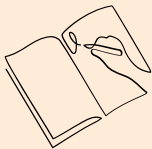
employee benefits



Manage stress and experience greater overall well-being.



Communicate exceptionally with empathy and clarity



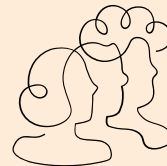
Increase focus and attention, leading to improved performance.



Grow skills to lead and influence more effectively.



Develop greater resilience and emotional regulation in the face of challenges.



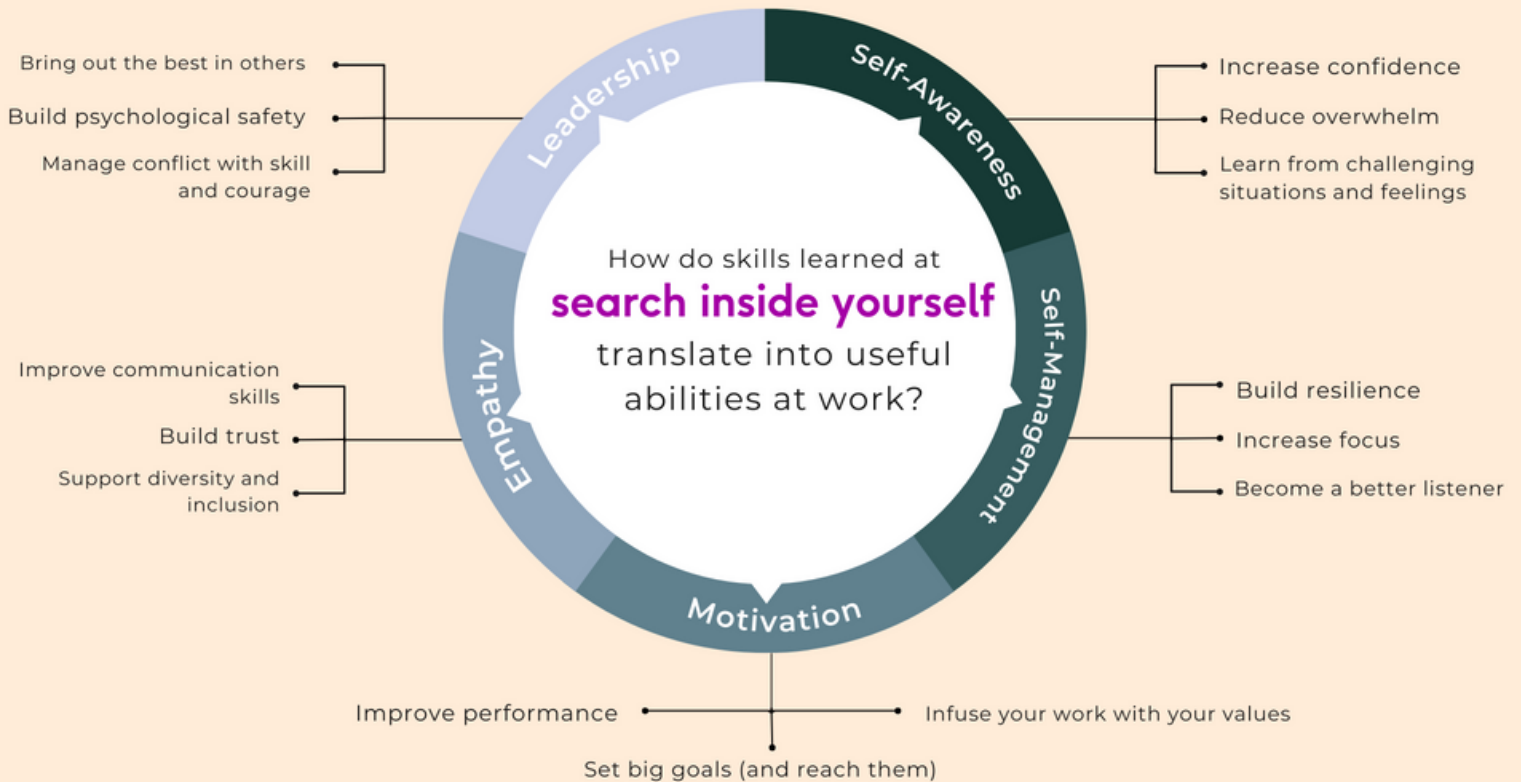
Develop greater self-awareness and motivation.



organizational benefits

The Search Inside Yourself program empowers your organization by up-skilling your employees with essential emotional intelligence and leadership capacities that will lead to more resilient, productive, and competitive workforce.

Relevant skills for today's work challenges



"Clear, easy to follow, **powerful tools** everyone can incorporate into their life to facilitate powerful, positive change, and growth."

-program participant

— “ —

"If you're looking for a virtual delivery program that will **raise the bar in leadership and emotional intelligence** for your people, I can't recommend the online SIY program enough!"

— ” —

Sr. Director of Culture & Engagement,
Fortune 500 Company

effective teaming



3.5 hr program



online or in-person

effective teaming

overview

Fast-track the path to a high-performing team with our science-based approach to improving collaboration.

Companies who are adept at bringing together diverse, cross-functional teams that work efficiently together will have the competitive advantage in an evolving workplace.

Teaming is crucial to the success of today's dynamic working groups. You might be wondering:

- How can diverse perspectives and talents converge swiftly and effectively to tackle the world's greatest challenges?
- How can managers foster an innovative and collaborative environment where ideas and people both thrive? How do these principles apply to hybrid teams?

What did Google learn in its quest to build the perfect team?



When it comes to optimal team performance, *who* is on the team matters less than *how* the team works together. That's why Effective Teaming focuses on science-based ways to improve team dynamics.

Teaming skills translate into business results

56%

increase in
employee job
performance

35%

improvement in
financial results

50%

more employee
productivity

57%

more
collaboration

Sources: (1) Employee belonging was linked to increased performance [[Harvard Business Review, 2019](#)]. (2) Workplaces with more inclusion show better financial performance [[McKinsey, 2020](#)]. (3) People at high-trust companies report higher productivity than at low-trust companies [[Harvard Business Review, 2017](#)]. (4) Companies that show high psychological safety demonstrate an increase in collaboration [[Accenture, 2021](#)].

effective teaming

agenda

Welcome and Interactive Connection

Define program terms 'teaming' and 'effectiveness'

Review Emotional Intelligence competencies

Practice: Minute to Arrive

The "I" in Team: Building Self-Awareness

Understanding the impact of our internal and external states on the team

Intention, Attention, Attitude

Practice: What's Important Now? micropractice

Practice: Mindful Listening

Practice: Same Side micropractice

The "We" in Team: Building Awareness of Others

Psychological Safety, Trust, and Empathy

Practice: Trust Journaling

Practice: Trust Micropractice,

Practice: Empathetic Listening

Communication Skills to work effectively with others

Learn a simple, effective communication model that enhance clarity and trust

Learn how to apply EI to communication

Practice: IDEA feedback / communication tool

Integration & Application

Small group discussion to integrate learning and establish application commitments

Closing



3.5 hour program

HOW THE PROGRAM WORKS:

The Effective Teaming program is a highly interactive 3.5-hour program delivered online or in-person.



LIVE TRAINING

(3.5 hour session)

Experiential training in simple, practical and applied tools for developing a thriving team environment.



ONLINE RESOURCES

We provide an online resources page for you to review and refresh everything you've learnt in the program.

THIS COURSE IS DESIGNED TO HELP YOU:

- Deepen self-awareness and learn how our thoughts and behaviors impact the team
- Expand awareness of self and others
- Build effective and non-reactive communication skills
- Generate a culture of trust and inclusion
- Cultivate a prosocial mindset of humility and curiosity
- Promote team interactions that create a learning community
- Optimize team engagement, agility, and effectiveness



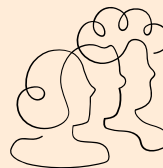
key benefits effective teaming

The Effective Teaming program is designed to enhance your team's performance quickly by building empathy, trust, and psychological safety.

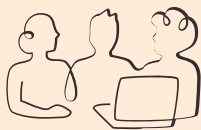
employee & team benefits



Quickly establish trust within the team



Cultivate psychological safety and foster inclusivity so all team members feel welcome



Enhance team collaboration and boost engagement



Accelerate innovation and improve decision making



organizational benefits

The Effective Teaming program offers science-based training to help organizations quickly establish trust, enhance collaboration, and foster psychological safety within teams, ultimately leading to increased efficiency, innovation, and competitive advantage in today's dynamic working environment.

adaptive resilience



(3) 90 minute sessions or
(1) 4.5 hr half-day



online or in-person

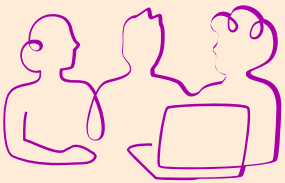
adaptive resilience

overview

This program offers essential tools and practices for effectively managing challenging emotions, uncertainty, and change, fostering improved team performance and well-being.

What if your team could approach change and adversity as opportunities for growth and innovation?

Adaptive resilience is the ability to recover from adversity, adapt, and thrive. We take a science-based approach to build the behaviors, mental habits and practices that promote personal resilience while growing a resilient culture within teams and organizations.



Use Case: AI (artificial intelligence) Transformation

The AI revolution is reshaping business as we know it. While it brings immense potential for innovation and growth, it also brings uncertainty. To harness AI effectively, emotional intelligence (EI) is crucial. With Adaptive Resilience, you can prepare your teams to embrace AI integration with a growth mindset, enabling employee upskilling and unlocking boundless potential for your business and its mission.

THE PILLARS OF THE ADAPTIVE RESILIENCE TRAINING:

Focus

Learning tools to manage stress and overwhelm, while staying motivated and focused in difficult and uncertain times.

Adapt

Growing mindsets and skills for adaptability and creativity in a Volatile, Uncertain, Complex and Ambiguous World.

Thrive

Creating a change-capable culture by growing empathy, trust and psychological safety in your team and organization.

adaptive resilience

agenda

Module 1: Develop Clarity

Welcome and opening practice

Understanding our responses to adversity

The neurobiology of stress

Attention, awareness and mindfulness

Skill Building:

Focused Attention training

Three Center Check-in practice

Responding skillfully (vs. reacting)

Module 2: Shifting Mindsets

Introduction: Understanding mindsets

Deepening clarity: Positive & negative mental state

Reflection exercise & micropractice

Reframing practice: From fixing to learning

Self-Compassion Practice: Resistance to Acceptance

The role of gratitude in building resilience

Defining Possibilities: Ideation exercise

Module 3: Building Trust

The trust equation

Cultivating empathy: Interactive exercise

Nurturing psychological safety

Team practices to build empathy, connection & safety

Application / Integration

Closing



**(3) 90-minute sessions or
(1) 4.5 hr half-day**

HOW THE PROGRAM WORKS:

Adaptive Resilience program is a highly interactive 3-part series.



LIVE TRAINING

Experiential training in simple, practical and applied tools for building resilience.



ONLINE RESOURCES

Our skill integration resources allow you to review and refresh your learnings and ensure that new skills become enduring habits.

“ It was a 5-star experience, thank you for letting us feel so connected even though we were virtually together. ”

Program
Participant



key benefits adaptive resilience

The Adaptive Resilience program teaches individuals to thrive amidst change, resulting in a more resilient, change-ready workforce.

employee benefits



Learn tools to stay calm and work with difficult emotions in the midst of adversity and change.



Learn to prioritize the change you are most capable of affecting.



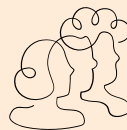
Develop the skills for harnessing mental clarity and focus in uncertain and ambiguous times.



Broaden perspectives and boost creativity by transitioning from negativity biases to growth mindsets.



Sustain motivation through ongoing challenges.



Grow capacity to build trust and exercise empathy in challenging times.



organizational benefits

The Adaptive Resilience Training offers practical tools and a mindfulness-based approach to help individuals and teams develop the capacity to recover from adversity, adapt, and thrive, ultimately leading to increased team performance and well-being, especially in challenging and uncertain environments. This program will help your workforce become more change-ready and resilient.

the trust opportunity:

A LEADERSHIP RETREAT



2-day retreat



in-person

the trust opportunity: a leadership retreat

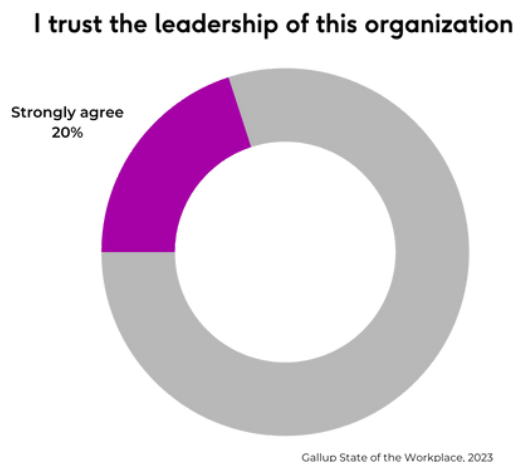
overview

A two-day leadership retreat focused on building higher levels of leadership trust in order to empower your most important business initiatives.

A practical, experiential and highly interactive experience for leaders.

Today's leaders must be capable of enabling enormous business transformations and initiatives (including AI adoption, agile transformation, and rapid innovation). The speed and success of these major projects hinges on trust in their driving leaders. The most trusted leaders empower transformation by mobilizing employees with exceptional communication, vision, and purpose.

Research on leadership trust reveals an opportunity.



Gallup reports that only 20% of employees strongly agree that they trust the leadership of their organization. This can negatively impact business outcomes, especially in terms of speed and cost.

This presents an opportunity for forward-thinking businesses to gain a competitive advantage in a time of ceaseless business change and transformation.



we take “science-based” seriously.

Gather your leadership team and elevate your capabilities with this training, rooted in cutting edge neuroscience and cognitive research on trust. We'll equip you with a repeatable trust-building formula to enable your boldest business goals.

The Trust Opportunity

HIGH-LEVEL AGENDA

Establish a Foundation

Understanding emotional intelligence (EI)

Developing EI by training the mind

The Trust Equation

Build Your Perception Box

The mental processes and beliefs that drive our thoughts, decisions, and behavior

Creating greater awareness of beliefs & biases

Developing faster awareness of when those are in action

Explore Vulnerability

Why vulnerability leads to trust

Exploring masks that hold us back

Exploring being comfortable while vulnerable

Align Your Purpose

Crystalizing your purpose statement

Creating empathy and understanding of others' purpose

Creating a connection between the two

Take Action: Agreements and Next Steps

Team priorities to create trust and high engagement

Closing



2-day retreat

HOW THE PROGRAM WORKS:

The Trust Opportunity is a configurable, two-day experience that is highly tailored to the needs of the team.



SHORT ASSESSMENT

1 hr per participant

After a short online survey, SIY consultants meet with participants to understand individual business challenges and priorities.



OFFSITE LOCATION

Conducting work outside of the office has been shown to result in greater insights and learning.



PARTNER & GROUP WORK

As we explore different topic areas leaders receive the benefit of perspective from peers. This creates deeper insight and team connection.



POST RETREAT COACHING

To realize the full benefit of the valuable learnings and insights from the retreat, we offer integration coaching. This ensures insights become actionable and new practices become enduring habits.



key benefits

the trust opportunity: a leadership retreat

This program trains leaders in the essential skills needed to enhance trust, crucial for the success of organizational initiatives.

leader benefits



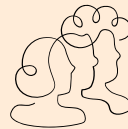
Learn a repeatable, science-based, trust-building formula you can apply to build trust in any leadership position.



Maximize emotional intelligence to more effectively lead organizational change.



Use neuroscience to enhance self-awareness and bolster positive mental habits.



Empower high employee engagement and team performance through empathy and exceptional communication.



organizational benefits

The Trust Opportunity Leadership Retreat provides leaders with the essential skills to establish and maintain trust, ensuring their ability to drive successful organizational initiatives and lead teams through ambiguity and organizational change.

inclusive innovation



3.5 hours



online or in-person

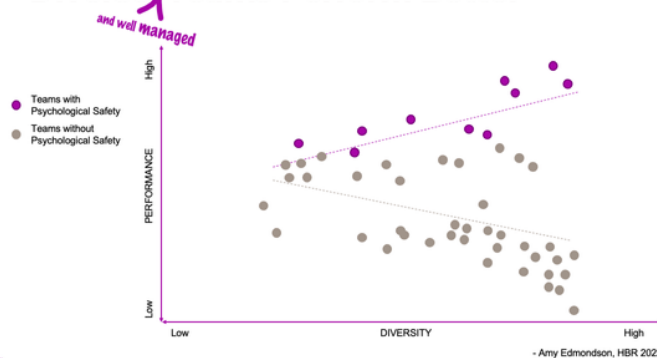
inclusive innovation

overview

Learn how to lead diverse, cross-functional teams to solve complex problems and develop innovative solutions using a combination of design thinking and inclusive team effectiveness practices based on neuroscience and emotional intelligence research.

Integrating team members with various viewpoints, backgrounds, and experiences can result in breakthrough performance and exceptionally innovative solutions. However, these different perspectives can also introduce considerable communication challenges, possibly hindering the pace and quality of work.

Diverse Teams Perform Better



In our Inclusive Innovation training, leaders learn the key to harnessing the power of team diversity to solve problems quickly with cross-functional alignment. You'll learn the power of including more voices, while relying on a systematic, repeatable design thinking process to generate creative solutions quickly.

why inclusive innovation works

The unique training combines agile design thinking frameworks with practical emotional intelligence-based tools from Effective Teaming to help leaders quickly create innovative solutions to business problems.



design thinking

A systematic set of tools to help teams solve problems creatively and efficiently.



effective teaming

A science-based framework to create an inclusive, high-trust, and psychologically safe team environment.

inclusive innovation

agenda

Neurodiversity & the Power of Design Thinking Tools

Learn the latest research behind the most successful, innovative, teams that leverage diverse perspectives to solve complex problems quickly.

Skill building:

- Structured design thinking process.
- Empathy practice to connect to solution audience.
- Integrated practices for high levels of focused attention.

Leading Diverse Teams with Psychological Safety

Understand how to create a psychologically safe environment that gives the most diverse teams an empowered voice, and also moves quickly towards a solution;

Skill building:

- Psychological safety & belonging exercise.
- Facilitation tools to maximize diverse input.
- Strengthening emotional intelligence to create a container where the most creative ideas are shared.

Innovative Solution Building; Ideate, Prototype, Test

Tackle a real business problem, learn and practice techniques that will allow you to move a diverse team through a series of decisions that quickly lead to a testable prototype solution.

Skill building:

- Facilitation tools for moving from divergent thinking to convergent thinking.
- Learning needs-assessment methods for swift solution advancement with minimal risk.
- “Same Team” mindset practice to support focus, engagement, and manage conflict.



3.5 hr session

HOW THE PROGRAM WORKS:

Inclusive Innovation is a 3.5 hr live interactive program.



LIVE TRAINING

Experiential training in simple, practical and applied tools for building resilience.



ONLINE RESOURCES

Our skill integration resources allow you to review and refresh your learnings and ensure that new skills become enduring habits.



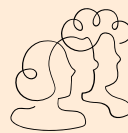
key benefits inclusive innovation

This program trains leaders in the essential skills needed to enhance trust, crucial for the success of organizational initiatives.

employee benefits



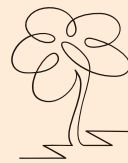
Learn skills to gain cross-functional alignment quickly to make informed decisions.



Acquire empathy-powered collaboration tools to enable the power of diverse perspectives.



upskill alongside your team to increase team trust, creativity, and brainstorming power.



Learn systematic, repeatable design tools and structure to solve complex problems rapidly with innovative solutions



organizational benefits

The Inclusive Innovation program equips leaders with the essential skills to leverage diverse perspectives, fostering cross-functional alignment and enabling rapid problem-solving through a systematic design thinking approach.

teacher training



4 months



online or
in-person (internal teacher training only)

teacher training

overview

Scale the time-tested Search Inside Yourself program within large organizations.

The SIY Global Organizational Teacher Training is a multi-month program that trains individuals to become certified to teach the renowned Search Inside Yourself program.

The teacher training includes pre-work, live online sessions, mentorship, and small-group work with other talented professionals from all over the world.

Once participants have successfully completed the SIY OTT, they can bring mindfulness and emotional intelligence to your organization in several impactful ways, online and in-person. Participants will be certified to teach:

SIY Programs*

You will be able to teach the full Search Inside Yourself program internally, either as an open offering (to any employees), as part of a leadership training, or other learning journey.

Effective Teaming*

Teach our new Effective Teaming program (3.5-hr), which offers practical skills to build a team culture based on trust, psychological safety, belonging & inclusion.

Intro Sessions: Keynotes + Team Offsites

Teaching and facilitating shorter SIY programs as introductions or as part of team or all-staff offsites.

Adaptive Resilience*

Teach our Adaptive Resilience program (three, 90-min sessions), which builds the behaviors, mental habits and practices to promote resilience individually, and within teams and organizations.

Mindfulness Practice Groups

Facilitating regular mindfulness practice sessions and mindful lunches for ongoing practice, introducing practices and building community.

Pro Bono Sessions

For additional practice and impact, you can also teach SIY pro bono (for free) to small non-profit organizations of fewer than 500 employees.

Teacher Training

HIGH-LEVEL AGENDA

Pre-Work

Participants teacher training journey begins with pre-work prepares participants to be ready for Session 1, where they will have the first practice teaching opportunity. Pre-work allows participants to maximize their in-person time by completing foundational reading and exercises ahead of time.

Session 1

Attend a live, online session where participants will practice teaching a section of the SIY program and receive feedback from an experienced mentor and your peers. This live session will also focus on embodiment of what it means to be a teacher, and provide experiential opportunities to deepen your skills alongside your peers.

Learning Period

Systematically learn the SIY program module by module, participants will also meet virtually with learning pod every two weeks to practice teaching and receiving growth feedback.

Session 2

Attend a second and final online session dedicated to preparing you for certification. There will be multiple live practice teaching opportunities to support you in becoming more adept and embodied when teaching the SIY program.

Teach SIY

It's time to start teaching SIY! The program is taught by two teachers, so you won't be doing this alone. You will teach with another teacher from within in your organization - either in your OTT cohort or an existing Organizational Teacher. For added support and to ensure a successful program rollout, you have the option to work with an external SIY Certified Teacher who (for an additional fee) can either provide coaching before and after your program, or can teach the program with you while providing mentorship. Note: Licensing fees apply for all programs.



3 month Teacher Training



key benefits teacher training

The teacher training program certifies employees to teach SIY Global programs like Search Inside Yourself, Adaptive Resilience, and more!

employee benefits



Build Your Leadership Skills

- Take on a leadership role in your organization by training colleagues in mindfulness-based emotional intelligence.
- Grow your ability to deliver compelling presentations, expertly facilitate productive sessions, and lead mindfulness-based practices.



Deepen Your Sense of Purpose

- In addition to the skills you contribute to your specific job function, you will enhance your sense of meaning and fulfillment through your active participation in the positive cultural transformation within your company.

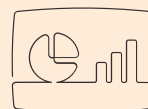


organizational benefits



Drive Employee Engagement

- Use our science-based programs to build connection, empathy, and psychological safety among employees.
- Empower your employees to grow their leadership skills.
- Leverage employee teachers' deep knowledge of your company to enable direct application of the training to your unique challenges and organizational goals.



Scale Crucial Power Skills Sustainably

- Power skills like resilience, collaboration, and self-awareness are critical to enabling business results like agility, innovation, and productivity.
- And yet, power skills are challenging to scale efficiently with other methods.
- Rely on our unique program structure to sustainably transform company culture with emotional intelligence training.

microcourses



10-minute courses



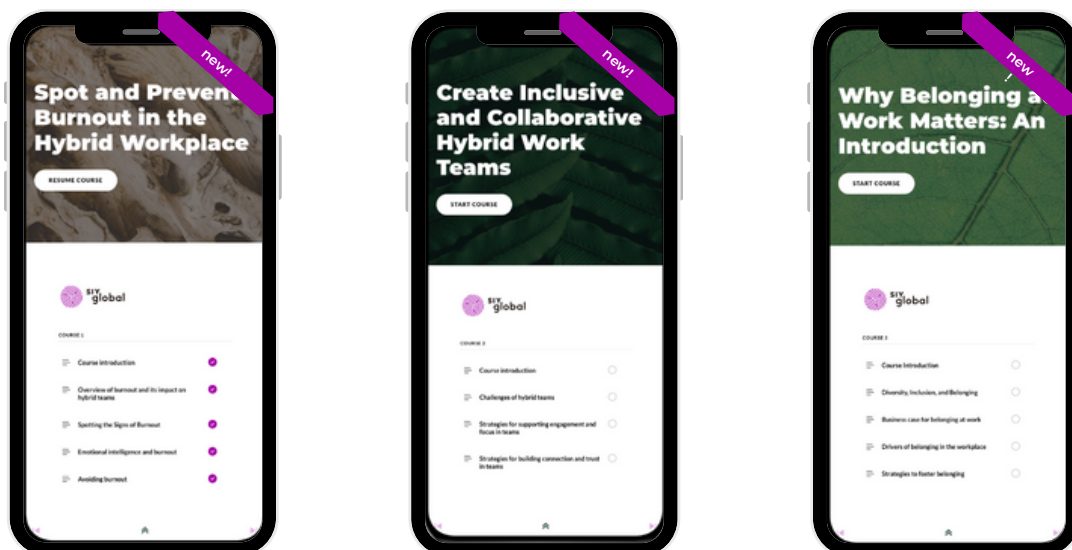
asynchronous learning

microcourses

In the time it takes to scroll through the news, you could elevate your leadership skills and come away with an actionable plan to make your team more effective.

10-minute courses available on your time, just in time for your most pressing leadership challenges

Microcourses are the perfect solution for today's time-strapped leaders, offering quick and efficient learning opportunities that can be squeezed into the busiest of schedules. In just 10 minutes, you can immerse yourself in focused and relevant content tailored to address your most pressing leadership challenges. Whether you're seeking to boost your hybrid team leadership skills, spot and prevent burnout on hybrid teams, create inclusive hybrid teams, or understand why belonging at work matters, these microcourses provide science-based training that equips you with practical solutions.



Instead of scrolling through the news, invest your time wisely and elevate your leadership capabilities to thrive in the evolving landscape of work. Start learning now and stay ahead of the curve.

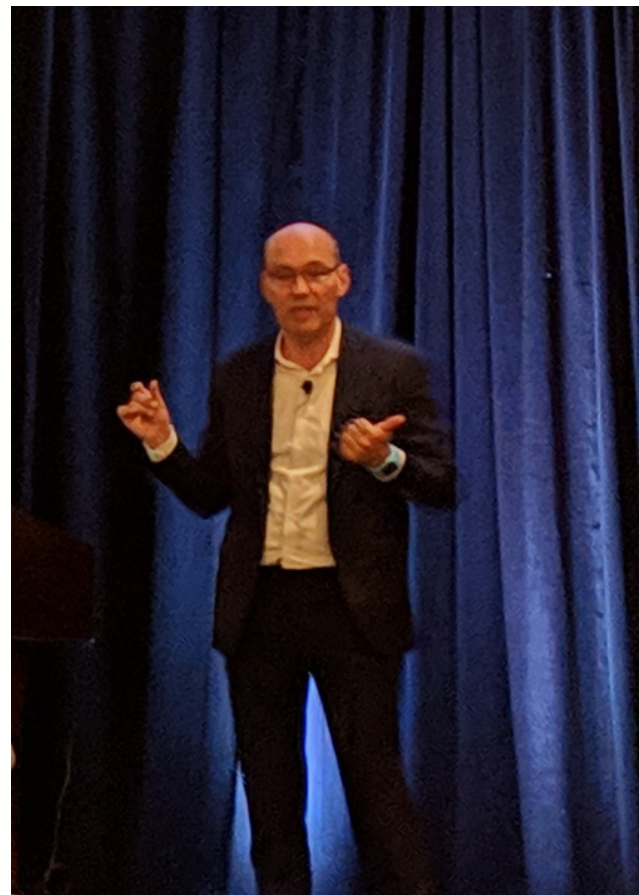
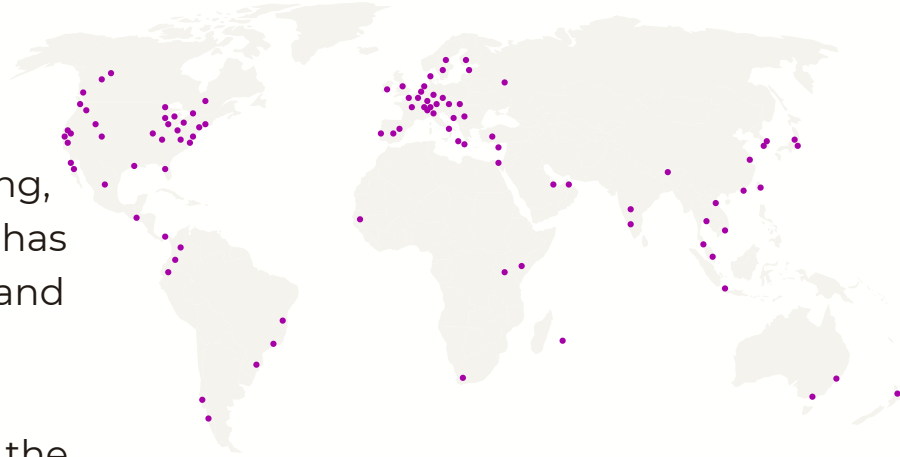
**Working
with**



SIY Global teachers

We share a personal commitment to practice what we teach.

Our teachers are a global group of hundreds of experts with backgrounds in psychology, neuroscience, technology, education, finance, engineering, and more. Each one of them has undergone rigorous training and brings their rich experience, personal background, and expertise across all regions of the world. To be matched with a certified teacher, contact us!



working with SIY Global



Marcus King
Learning and
Development
Manager,
STMicroelectronics

"I took the 2-Day Search Inside Yourself public program and I thought it would be a great fit for the company. The program is designed in a way whereby anyone can walk away afterwards with great, actionable steps.

Search Inside Yourself worked best for us because it applied to everyone regardless of department, role and tenure. Employees wanted a training that would help them develop and grow not only in their business skills, but in their social abilities, their presentation competency and the way they connect with others in a team capacity.

Aside from people being more satisfied, I believe [SIY] can change business to consumer relationships and actual business fiscal impact." [Read more.](#)

"For the nurses, taking time out of their day and away from their patients is a challenge. [The SIY Global team] worked with us to design a 2-hour program that taught essential tools the nurses could use immediately to reduce stress and recover from empathetic burnout.

This program translates beyond the workplace; I think this is a life skill and I want it built into our organization. One of our goals is to be the best place to work, and I truly think that culture of mindfulness will help us retain our workforce and reduce stress and burnout."



Robbie McDonald
Manager, OD & Learning
Children's Hospital of
Orange County



Barry Margerum
Chief Strategy Officer
Plantronics, Inc.

"The team was fantastic. Their knowledge and experiences surrounding the subject matter were extraordinary. They are seasoned practitioners who embody their teachings. In addition to all the other benefits, much of the program was geared toward improving the Emotional Intelligence of our associates, which I am confident can drive business and leadership success.

I have had a great many people thank me for bringing [SIY] to Plantronics. 'A class like none other,' 'lifelong skills for both their business and personal lives,' and 'life changing' were some of the comments I received. I highly recommend this training for anyone looking to improve the way their team works together, enhance their innovative thinking and clarity, reduce stress, improve general well-being, manage difficult conversations and be generally more at peace."

Why is **emotional intelligence** so important and why is **mindfulness** the way to train it?

In a time of unprecedented levels of stress, overwhelm, and ongoing demands, it is critical for people and teams to have the tools and skills needed to meet the challenges of today's working environments. Neuroscience and behavioral research studies continue to present evidence that both mindfulness and emotional intelligence provide the skills and capacities needed to improve resilience, collaboration, individual and team performance, sustainable well-being, and effective leadership.

EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to recognize your own and other people's emotions and use this information to guide wise thinking and behavior.

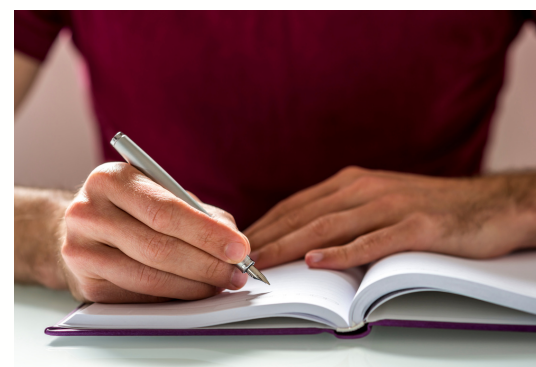
Emotions are part of everyone's work life and are essential for decision-making and for connection. Emotional intelligence includes the following intrapersonal and interpersonal domains:

- Self-awareness
- Self-management
- Social awareness
- Relationship management

MINDFULNESS

Mindfulness is the ability to focus on the present moment with curiosity and openness. It's a foundational skill that underpins emotional intelligence.

Mindfulness practices train the ability to become aware of the present moment, building attention, focus, and concentration. Practicing mindfulness also helps to be more present in conversations and meetings, strengthening relationships and building empathy. An ongoing mindfulness practice results in greater clarity and calm, which helps to down-regulate threat responses, skillfully manage tasks, and improve decision-making.



Making your organization future-ready, with emotional intelligence.

Emotional intelligence and mindfulness are critical to meet the challenges and demands of today's workplace, at all levels.

INDIVIDUAL

1

Employees are experiencing high levels of stress and burnout, which requires tools to cultivate focus, calm, and well-being.

2

Connection, psychological safety, and inclusion are more important than ever, especially for individuals working virtually, across time zones and in cross-functional projects.

TEAM

3

The skills that enable resilience, empathy, diverse perspective-taking, and collaboration are needed in order to build a culture of innovation and creative thinking.

4

Teams need leaders with a high degree of emotional intelligence to inspire them, motivate them, and lead effectively through disruption.

ORGANIZATION

5

Attracting and retaining talent requires new organizational values and principles that support the needs of a changing workforce.

6

Accelerate the integration of two company acquisitions, manage organizational transformation while maintaining high levels of employee engagement.

"Emotional intelligence is set to become a 'must-have' skill in the next one to five years."

—Capgemini Research Institute, 2019

human-centered business impact

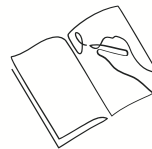
We're committed to understanding your business needs and goals and offering impactful solutions to your biggest challenges. We have helped our clients from diverse industries in times of substantial change, whether it's enhancing employee retention or empowering your management and customer-facing teams through upskilling, we are here to drive your success.

Here are a few ways our products can align with your business needs:



Aligned to Strategic Objectives

- Employee Engagement
- Employee Retention
- DEIB
- Improving CX / NPS
- Agile Transformation
- A Culture of Change and Transformation
- A Culture of Innovation



Learning & Essential Skills Development

- Leadership/Management Development
- Key Employee Up-skilling
- Professional & Personal Development



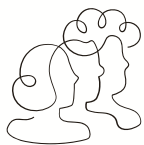
Employee Wellness:

- Workforce Resilience
- Stress Management



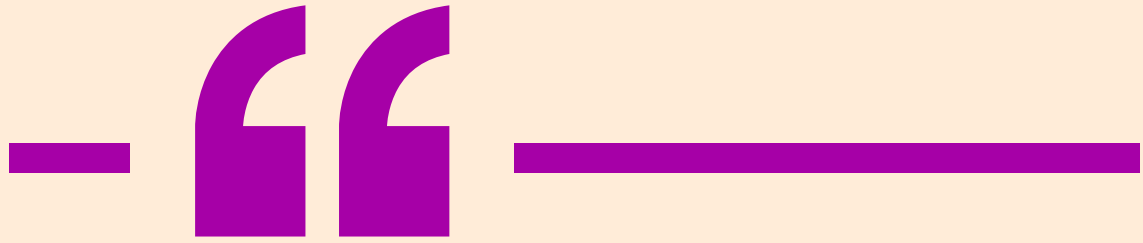
Upskilling Customer-facing Employees:

- Sales & Business Development
- Customer Success Management
- Professional Services



Transformation: Prep Enterprise, BU & Teams for Change:

- In-person programs can help enable a partial return to the office
- Software/Technology Adoption
- Organizational Change Management



More than ever,
emotional intelligence
is not just a 'nice to have'
but a core capability for the
future.



Pip Russell,

Strategy, Innovation and Operations Vice-President,
Schneider Electric

client engagement model

We work closely with you to implement change at your level of need and depth, from short introductory programs to topical modules, all the way to scaling SIY organization-wide.



Build a Partnership

We collaborate with our clients to understand desired outcomes and sustainable solutions for your financial requirements, programmatic goals, and deadlines.



Customize & Prepare Roll-Out

With your unique culture and goals in mind, we co-create a phased roll-out plan focusing on our multilingual and multi-channel global trainings sustained by our asynchronous learning platform. At this stage we also conduct pre-assessments and determine additional reporting requirements.



Rapid Deployment of Programs

We deliver our trainings to your globally distributed workforce allowing employees to attend simultaneously and develop a shared experience integrating social and emotional intelligence into their work and lives. After the training, we use our post-assessment tool to determine the impact of our programs on key EQ growth areas.



Grow & Scale

Learning pods, peer-to-peer check-ins, ongoing digital learning and practice opportunities, expert coaching, and support structures help your participants integrate and maintain strong EQ-based habits and develop overall well-being. We collect data at this stage through coaching effectiveness assessments and continued learning engagement.



Deepen & Sustain

Develop a core group of internal SIY teachers with our in-depth Train-The-Trainer program, designed to leverage leaders from within your organization, and create change from the inside-out. .



Measure & Evaluate

At every stage of this process, we capture multidimensional datasets from participants of key emotional intelligence growth areas to determine impact metrics. We share these metrics with your team to confirm your performance, well-being, and engagement goals are met.

Annualized contract model

In order to maximize the value derived from your investment with SIY Global, we provide you with the option of an annual agreement. See the options below and talk to your customer success manager about what would be best for your organization.



search inside



search inside plus



enterprise

Deliver the Search Inside Yourself experience based on volume.	✓	✓	✓
Online and in-person delivery options.	✓	✓	✓
Use of HumanizedWork.com for easy program administration.	✓	✓	✓
SIY Global Customer Success design & implementation support.	✓	✓	✓
Ongoing updates to neuroscience research and content.	✓	✓	✓
Program impact evaluation and reporting.	✓	✓	✓
Toolkit of materials for internal promotion.	✓	✓	✓
Access to Effective Teaming.		✓	✓
Access to Adaptive Resilience.		✓	✓
Access to Inclusive Innovation.		✓	✓
Access to all micro-course content (new releases quarterly).		✓	✓
Beta release pilot opportunities.		✓	✓
Unlimited use of all of our programs and content.			✓
Two complimentary tickets to the SIY Global Annual Summit.			✓
Ability to create derivative works.			✓

our clients

We've worked with organizations across many countries and industries, from technology, energy, and banking to non-profit, biotech, and medical to insurance, gaming, telecommunications, and many more.



Procter&Gamble



United Nations



GRUBHUB



Massachusetts
Institute of
Technology



Deutsche
Telekom



DAIMLER



KAISER
PERMANENTE



Genentech
IN BUSINESS FOR LIFE






As I reflect on what's my mission in life and what's next for me, I realize that the answer really comes from knowing myself. Being a great leader requires being a good leader of my own self first.

Thanks to mindfulness, now it's easier for me to know my leadership style and how to be the kind of leader I want to be.

Search Inside Yourself was a doorway for me to get in touch with what's at my core, with depth of awareness. And it's from there that leadership skills can flourish.



Joyce Bao,
Senior Product Manager at Fitbit



Do you want to create a
future-ready organization
where people thrive?

Let's go on that journey
together.

Connect with us:

info@siyglobal.com

www.siyglobal.com



SIY
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