

# Search Inside

# Yourself Program



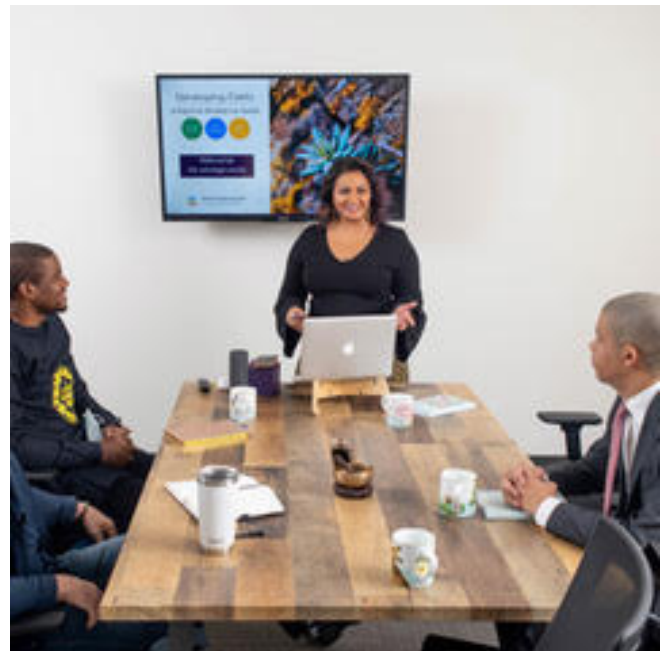
**STOP SEARCHING. FIND THE SECRET TO RESILIENCE, INNOVATION, & COLLABORATION HERE.**

Bridging established mindfulness practices and modern neuroscience, Search Inside Yourself training helps individuals develop emotional intelligence skills to thrive and prosper in a complex, fast-paced world.

Employing a combination of live or virtual training, individual assessments, ongoing digital content, and peer-to-peer engagement, SIY helps participants experience greater overall well-being, increase self-awareness and emotion regulation, sustain peak performance, and collaborate more effectively.

A highly interactive, in-person or virtual experience, with 28 days of digital content follow-up, the SIY program can be tailored to your organization's unique goals, culture, and needs. Born at Google in 2007, SIY consists of approximately one-third content and two-thirds experiential exercises, including one-on-one and group conversations, attention-training practices, listening exercises, and writing activities.

Following the intensive training, four weeks of recommended practices help sustain self-directed growth from the inside out, leading to greater well-being and enhanced emotional intelligence.



Oct 30th 10am -12:30pm EST/  
Nov 6th 10am -12:30pm EST  
Nov 20th 10am -12:30pm EST/  
Nov 27th 10am -12:30pm EST  
Virtually on Zoom

**Book Now**

For inquiries, email  
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**Search Inside Yourself training to the US-SA non-profit  
I AM WE ARE organization**