6-session Online Program

Search-inside-yourself (SIY) is the original mindfulness-based emotional intelligence training program developed at Google.

Improve focus and empathy to harness your full potential.

We teach tools for deepening 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 course is held via Zoom during 6 weeks:

6 sessions, 2.5h each, 18:00 - 20:30 (Barcelona time)
- October 24th
- November 2nd, 7th, 14th, 21st, 28th

Please note that sessions are held on Mondays, except November 2nd

Is this for me?

This SIY program is being offered to participants at UPC, preferentially PhD Students.

SOUNDS INTERESTING TO YOU? GET INTO TOUCH!

Reach out to Servei d’Esports de la UPC, to reserve your place in the course.

https://www.upc.edu/esports/activitats/salut/search-inside-yourself-siy

info.esports@upc.edu

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The 6-session 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 6-session program. Daily resources and exercises are provided to help people build new habits after the training.

José Antonio Aguilar
Degree in Telecommunications Engineering

Dominik Ley
Degree in Political Science and Economics

www.siyglobal.com
Search Inside Yourself
6-session Program

AGENDA

Session 1
Introduction to Mindfulness: Moving from autopilot to aware
Practices:
• Attention Training
• Mindfulness Listening
• Open Awareness

Session 2
Self-Awareness: knowing one's internal states
Practices:
• Body scan
• Journaling

Session 3
Self-Management: skillfully manage your impulses and reactions
Practices:
• Reframe and respond to challenges in the moment
• Mindful Conversation
• Self-Compassion

Session 4
Motivation: Align your values and work
Practices:
• Alignment with values
• Visualize your goals
• Resilience - Recover from setbacks

Session 5
Empathy & Compassion: Understand others' feelings and experiences, lead with compassion
Practices:
• "Just like me"
• Empathetic Listening
• Compassion practice

Session 6
Practice & Integration: Communication with Insight
Practices:
• Difficult Conversations
• Skills recap, applications, and closing

HOW THE PROGRAM WORKS:
The SIY program kicks off with highly 6 interactive live sessions via Zoom. It continues with a 4-week practice integration period delivered online and concludes with a webinar.

LIVE TRAINING
(6 live sessions via Zoom)
Experiential training in mindfulness, neuroscience and the five emotional intelligence capacities.

28-DAY CHALLENGE
(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 well-being, manage difficult conversations, and be generally more at peace.

— Barry Margerum
Chief Strategy Officer Plantronics