

Search Inside Yourself (SIY)

Mindfulness-Based Emotional Intelligence for High-Performing Teams

Executive Overview

Originally developed at Google, **Search Inside Yourself (SIY)** is a world-renowned leadership program combining neuroscience, mindfulness, and emotional intelligence (EQ). It equips leaders and organizations with the practical mental tools required to enhance focus, reduce stress, build resilience, and drive collaborative innovation in complex environments.

+89%

Improved Focus & Clarity

+85%

Enhanced Stress Resilience

+79%

Greater Team Collaboration

Core Pillars of Mindful Leadership

1. Self-Awareness & Self-Management

Cultivate deep attention control and emotional clarity. Learn to recognize triggers and respond thoughtfully rather than reacting impulsively under pressure.

2. Motivation & Resilience

Align personal and organizational values to sustain intrinsic motivation. Develop psychological resilience to recover quickly from setbacks.

3. Empathy & Connection

Understand others' perspectives and emotional states. Build high-trust, psychologically safe environments essential for team agility.

4. Leadership & Influence

Lead with clarity and compassion. Communicate effectively, resolve conflicts constructively, and inspire shared vision across teams.

Program Architecture & Timeline

Phase 1: Days 1–2

Interactive Workshop: Immersive live training covering neuroscience foundations, mindfulness practices, and emotional intelligence models.

Phase 2: Weeks 1–4

4-Week Practice Journey: Micro-learning exercises, daily journaling, peer coaching pairs, and guided practices to integrate habits into daily workflow.

Phase 3: Final Week

Cap-stone Webinar & Plan: Follow-up group session to review progress, evaluate behavioral metrics, and construct long-term sustainable leadership habits.

Key Modules & Skill Outcomes

Module Focus	Key Science & Practice	Organizational Benefit
Attention Training	Neuroplasticity, focused breathing	Enhanced cognitive clarity & sustained focus
Self-Regulation	Reframing, emotional agility	Reduced burnout & calm crisis handling
Empathy & Trust	Active listening, compassion models	Psychological safety & stronger alignment
Compassionate Power	Difficult conversations, leadership EQ	Clear feedback & collaborative culture