



Search Inside Yourself 2-Day Program

Search Inside Yourself:

The unexpected path to success and happiness at work

Developed at Google and backed by science, Search Inside Yourself (SIY) teaches how mindfulness is a win-win for business by building emotional intelligence and cultivating well-being. Developed by some of the world's leading neuroscientists and mindfulness teachers, SIY has now been taught to more than 40,000 people in more than 100 cities around the world.

In our hyper-connected, always-on world, SIY takes a unique approach: helping people learn to live more skillfully by developing attention inward. Greater self-awareness forms the foundation for emotional intelligence competencies. The Search Inside Yourself training teaches participants to navigate opportunities and challenges with more resilience, engagement, and happiness. It's about living and leading fully.

Insights Explored



Attention training

Attention is the basis of all higher cognitive and emotional abilities. Train attention to create a quality of mind that is both calm and alert. This quality of mind forms the foundation for emotional intelligence.



Self-knowledge and self-mastery

Use trained attention to understand cognitive and emotional processes. This knowledge provides the individual with the ability to regulate and master emotions.



Create useful habits and leadership skills

Develop the habits of leading with compassion and communicating with insight. These habits can be trained and can create trust that leads to highly productive collaborations.

Data and Results

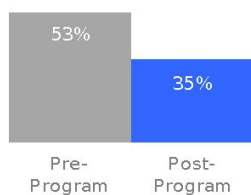
Impact

We help people achieve greater well being, collaboration & performance.

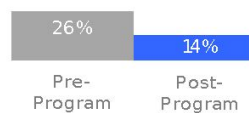
- The following graphs show data from Search Inside Yourself (SIY) participants, comparing measures before the program vs. four weeks after.
- We've found statistically significant improvements in:
 - Reduced stress
 - Increased resilience
 - Increased focus
 - Increased ability to collaborate and manage challenging situations.

Stress

Participants reported reduced levels of stress after SIY.



"I experience tension in my body due to stress."



"I feel emotionally drained as a result of doing my work."

% of "Often" and "Very Often" Responses

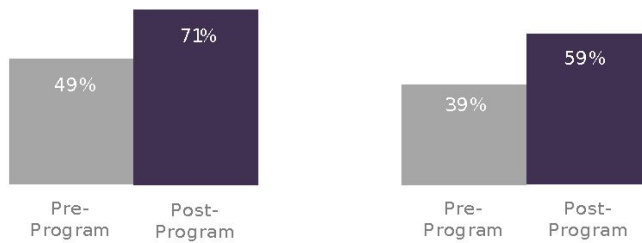
Updated Aug 2017

FOCUS EQ

ESSENTIAL LEADERSHIP SKILLS

Focus

Participants reported a greater ability to focus and optimize their mental state.



"Most days I make time to prioritize what's most important."

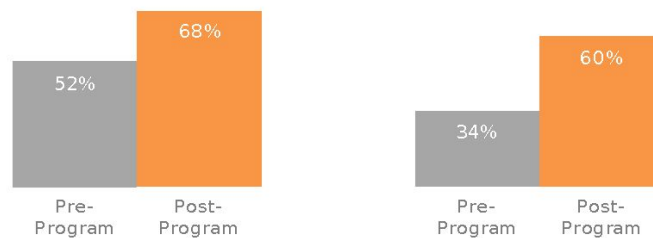
"I am able to notice when my attention has been pulled away and return it to the present moment."

% of "Often" and "Very Often" Responses

Updated Aug 2022

Performance

Participants reported greater resilience and mental readiness to meet daily challenges.



"When faced with a difficult situation, I focus on potential opportunities."

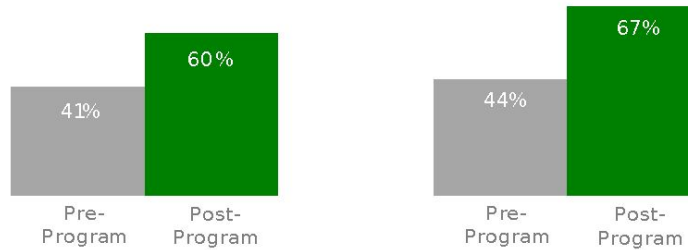
"I feel that I can bounce back quickly after an emotionally challenging situation."

% of "Often" and "Very Often" Responses

Updated Aug 2022

Leadership

Participants reported increased ability to maintain calm and poise in challenging situations.



"When in conflict with someone, I take time to fully understand what is driving their perspective."

"I am able to pause before reacting."

% of "Often" and "Very Often" Responses

Updated Aug 2017

SIY Pre/Post Method

Audience

- Attendees of SIY 2-day programs
- 15 countries, 384 total responders to pre- and post-surveys

Survey

- 31 Questions
- 5 level frequency scale (Almost Never, Rarely, Sometimes, Frequently, Almost Always)
- Survey given before SIY program & 4 weeks after program

Analysis

- Comparison of averages for statistical significance. All of the results are statistically significant when comparing average score pre vs. post
- Reported % of participants who expressed "Often" or "Very Often" for each measure
- Two sample questions for each domain are presented