

#1 in Canada for
Open Enrolment
THE FINANCIAL TIMES 2020

Using the tools of mindfulness and emotional intelligence.

Rotman Executive Programs, in partnership with the Search Inside Yourself Leadership Institute (SIYLI), is proud to present this groundbreaking course developed at Google.

Join others looking for personal and professional development at the Search Inside Yourself workshop (SIY), a unique two-day course developed and refined at Google. The workshop focuses on the five key domains of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills - with mindfulness practice, science, and leadership applications fully integrated at all levels.

SIY helps organizations address some of their most difficult challenges:

- » Building resilience in times of rapid change
- » Helping leaders solve not just technical but adaptive problems, which have no clear answers
- » Supporting people to thrive in a fast-paced, connected world without boundaries
- » Creating an inspired workplace that supports true human development

Each day is highly interactive, combining one-third content with two-thirds skill training. You will learn to optimize performance, train leadership skills and increase well-being. Skill training includes individual, dyadic and group exercise addressing attention, active listening with verbal feedback, writing exercises and emotion regulation.

Key Benefits

Over the course of two days, our expert instructors integrate the theory and practices of mindfulness, emotional intelligence, and the supporting scientific evidence in order to provide you with not just the tools to succeed, but also the knowledge to back up changes you make at the office. SIY provides the tools and skills to improve workplace effectiveness, leadership, and happiness.

Search Inside Yourself works in three steps:

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 create trust that leads to highly productive collaborations

Create an inspired workplace that supports true human development through mindfulness training, leadership skills and increasing well-being.



Search Inside Yourself
Leadership Institute

2-day interactive course

Location:

Rotman School of Management, Toronto, ON

Program Fee:

\$1,800 CAD + HST

Questions?

Contact our learning advisor at 416.978.8815 or advisor@rotman.utoronto.ca

Address:

Executive Programs
Rotman School of Management
149 College Street
Toronto, Ontario M5T 1P5

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Who Should Attend?

Companies and organizations around the world all need emotionally intelligent leaders – everyone can benefit from a more mindful and self-aware workforce. This workshop is especially for those who want to support their organization’s ability to build an inspiring, high-performance workplace that attracts and retains top talent.

Program participants will:

- » Learn several mental training practices, including self-awareness, attention training and an introduction to emotional intelligence that are useful in enhancing work place skills.
- » Learn practices designed to enhance concentration and creativity, and improve self-awareness and emotional process, enhance self-confidence, optimism, and empathy.
- » Learn practices for developing alignment, clarifying vision and building resilience, as well as practices for leading with compassion and influencing with insight.

Schedule

Subject to change

Day 1 Session 1 (AM)	Day 2 Session 3 (AM)
<p>Introduction, Mindfulness, Emotional Intelligence, Self-awareness</p> <ul style="list-style-type: none"> » Introduction to emotional intelligence » Introduction to mindfulness » The neuroscience of mindfulness and emotional intelligence » Intuition and decision-making » The theory, practice, and science of meditation » Self-awareness at work » Nine key emotional intelligence competencies » Science of self-awareness and self regulation 	<p>Motivation and Empathy</p> <ul style="list-style-type: none"> » Resilience » Neuroscience of motivation » The role of empathy in leadership » Understanding others » Neuroscience of empathy » Developing trust » Political awareness
Day 1 Session 2 (PM)	Day 2 Session 4 (PM)
<p>Self-regulation and Motivation</p> <ul style="list-style-type: none"> » Emotional regulation » Understanding triggers » Self-regulation model » Alignment » Envisioning 	<p>Empathy and Social Skills</p> <ul style="list-style-type: none"> » Leadership and compassion » Influence with goodness » Communication with insight » Neuroscience with compassion » Teambuilding model and establishing trust » Difficult Conversations » “Connecting the dots”