

SEARCH INSIDE YOURSELF

Using the tools of mindfulness and emotional intelligence

Rotman

#1 Canada's leading
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Search Inside Yourself (SIY) is a unique two-day workshop that was 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.

Location:

Rotman School of Management,
Toronto, Ontario, Canada

Program Fee:

\$1,800 CAD + HST

Fee includes tuition, all program
materials and meals.

Program Overview

Search Inside Yourself is highly interactive and trains people to optimize performance, improve leadership skills and increase well-being. Each session is approximately one-third content and two-thirds skill training. Skill training includes individual, paired and group exercises consisting of attention training, active listening with verbal feedback, writing exercises and emotion regulation.

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

Search Inside Yourself's 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 can create trust that leads to highly productive collaborations.

Course Outline

This course consists of four half-day sessions. For a detailed outline please visit www.rotmanexecutive.com/siyli.

Session One (AM)

Introduction, Mindfulness, Emotional Intelligence and Self-awareness

- 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

Session Two (PM)

Self-regulation and Motivation

- Emotional regulation
- Understanding triggers
- Self-regulation model
- Alignment
- Envisioning

Session Three (AM)

Motivation and Empathy

- Resilience
- Neuroscience of motivation
- The role of empathy in leadership
- Understanding others
- Neuroscience of empathy
- Developing trust
- Political awareness

Session Four (PM)

Empathy and Social Skills

- Leadership and compassion
- Influence with goodness
- Communication with insight
- Neuroscience with compassion
- Teambuilding model and establishing trust
- Difficult Conversations
- "Connecting the dots"

Why Rotman?

The University of Toronto's Rotman School of Management is located in downtown Toronto, home to the largest financial district in Canada and the third largest in North America. Situated in the heart of Canada's business capital, Rotman Executive Programs has unique access and insight into the best thinkers and practitioners in business today.

As part of the University of Toronto, one of the world's top 20 research universities, the Rotman School fosters a new way to think that enables our graduates to tackle today's global business challenges. Home to some of the most innovative research institutes in the world, Rotman boasts an impressive network of global partnerships in a variety of academic disciplines and with the corporate sector.

Executive Programs at the Rotman School of Management is committed to delivering programs for individuals and custom programs for organizations that influence organizational leaders worldwide. Rotman Executive Programs inspires and empowers leaders to develop the capacity to transform themselves, their organizations and their communities.



Who Should Attend?

This program is intended for leaders of organizations everywhere. Every company and organization needs emotionally intelligent leaders. All organizations 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.

What Program Participants Will Learn

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

Find Out More:

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