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2-day certified program - Urban Retreat

Zurich, March 22-23, 2025



The original 2-day mindfulness-based emotional intelligence training program developed at Google.

Improve focus and empathy to harness your full potential.

We teach EI tools for deepening your 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.

BOOK YOUR TICKET:
WWW.MINDLEADER.ORG

AUDIENCE

The SIY program typically holds 30-60 participants and is suitable for a variety of participants, including:

- Senior Leaders and Executives
- Teams
- New Managers
- Individual Contributors

The 2-day 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 2-day program. Daily resources and exercises are provided to help people build new habits after the training.



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AGENDA

Day 1

9:00 - Start

mindfulness and self-awareness:

- Introduction to mindfulness
- Emotional intelligence at work
- The neuroscience of mindfulness and emotional intelligence
- Self-awareness: knowing one's internal states

12:30 - Mindful Lunch

self-management:

- Skillfully manage your impulses and reactions
- Acceptance and self-compassion
- Application of learnings

5:00 - End of Day 1

Day 2

9:00 - Introduction

motivation and empathy:

- Motivation: align your values and work
- Envisioning: visualize your goals
- Building resilience
- Empathy: understand others' feelings and experiences
- The neuroscience of empathy

12:30 - Mindful Lunch

leadership and integration:

- Leading with compassion
- The neuroscience of compassion
- Communicating with insight
- Holding difficult conversations
- Leadership commitment
- Application and next steps

5:00 - End of Day 2

HOW THE PROGRAM WORKS:

The SIY program kicks off with a highly interactive two-day in-person session. It continues with a 4-week practice integration period delivered online and concludes with a webinar.

LIVE TRAINING

(2 days)

Experiential training in mindfulness, neuroscience and the five emotional intelligence capacities.

VIRTUAL PRACTICE

(4 weeks)

Daily exercises and resources delivered by email to help you build new habits.

WEBINAR

(1 hour)

Reconnect with your teachers and group to review and set a plan for continuation.

“ I was very impressed how we learned with simple methods to train our emotional intelligence through conscious perception. It opened up completely new perspectives for me. I have never been moved like that by a seminar.

— Dieter Hauser (Axpo Group)

