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# SEARCH INSIDE YOURSELF (SIY) PROGRAM

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**The Search Inside Yourself (SIY) Program teaches mindfulness-based emotional intelligence skills rooted in neuroscience for the workplace.**

Participants will learn new skills and practical tools to:

- Experience greater overall well-being
- Develop greater self-awareness and emotional regulation
- Build resilience in the face of challenges
- Develop empathy and communicate more effectively
- Manage stress
- Increase focus and attention

**MIT offers both a six-session virtual and a two day in-person SIY experience.**

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# MINDFULNESS PRACTICES

## SIY teaches

- Dedicated practices (to build capability and habit)
- Micropractices (can be done briefly, in the moment)

## Try it out: Three breaths micropractice

Do the following with three simple, intentional breaths:

- Breath 1: Pay attention to your breath
- Breath 2: Relax your body
- Breath 3: Ask yourself: What's important now?

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# SEARCH INSIDE YOURSELF PROGRAM IMPACT

After completing the program, MIT participants agreed or strongly agreed that they:

- **90%** notice when their attention has been pulled away and bring it back to the present moment
- **87%** remain calm in challenging situations
- **78%** bounce back faster from a setback
- **80%** feel more confident in having difficult conversations
- **75%** developed clarity about what is important in their work
- **79%** make greater contributions to their team

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# SEARCH INSIDE YOURSELF PROGRAM FEEDBACK

In a post-program survey, participants said\*:

- Through SIY, MIT is recognizing the importance of compassion, empathy, and awareness in our work.
- SIY is a gift to employees.
- I really appreciate working for an organization that devotes work time to the program.
- Everyone should take this program.
- SIY helped me re-center myself and re-establish motivation and connection to MIT.
- I gained strategies, tools, and micropractices that I could implement immediately.

\* Paraphrased

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# SEARCH INSIDE YOURSELF PROGRAM OPTIONS

- Keynote
- Program
- Effective Teaming

Visit the [Atlas Learning Center](#) to sign up for MIT SIY programs