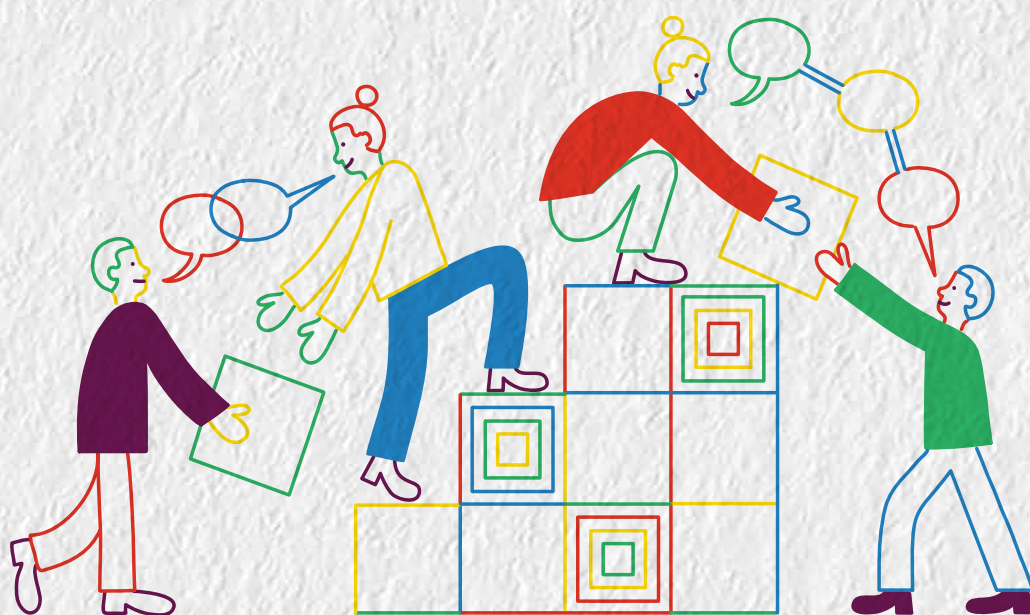




search inside yourself certified program

*The world famous training program in
MINDFUL LEADERSHIP has been developed by
leading experts in Mindfulness, Neuroscience
and Emotional Intelligence. Born at Google
and globally recognized.*





Looking to sustain excellent performance or tap into outstanding collaboration? We help people develop the leadership and emotional intelligence skills needed to intensify focus, manage stress, harness creativity and improve resilience.

As a result, people from all walks of life are gaining better self-awareness, improving communication skills and leading with compassion. It all adds up to a greater well-being and happiness.

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.

PARTICIPANTS WILL EXPERIENCE LASTING IMPROVEMENTS, INCLUDING

- Increased self-awareness and self-regulation, 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.

THE SIY PROGRAM INCLUDES

Join us for a highly interactive 2-day program followed by a 4-week online journey as we explore mindfulness and emotional intelligence for inspiring wellbeing, collaboration and high performance.



Live training (2 days)

Introduction to neuroscience, mindfulness and the five emotional intelligence capacities.



Virtual Practice (4 weeks)

Weekly exercises and resources delivered by email.

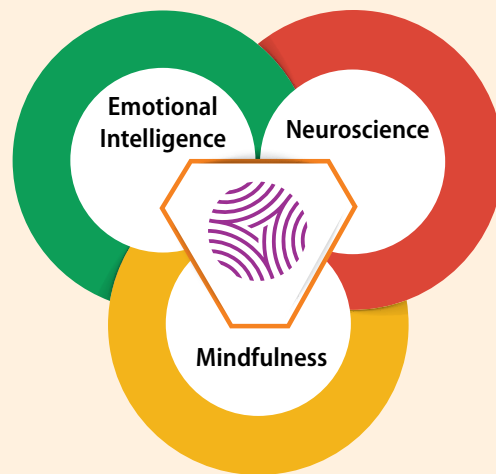


Webinar (1 session)

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

Search Inside Yourself (SIY)

What is
Why learn **SIY?**



MINDFULNESS helps REDUCE STRESS and INCREASE WELL-BEING

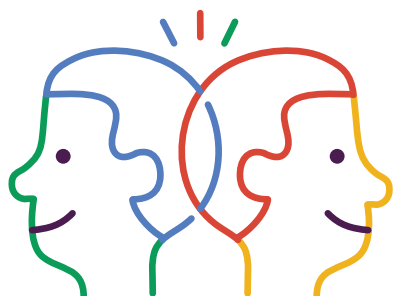


"What was the most striking in the SIY program is that, even just as a 2-day program, it was so relevant for my life and work situation. The wisdom of mindfulness and emotional intelligence is vast, and SIY effectively creates relevant exercises so that the content really registers and makes sense in a working environment and in daily life."

- Kimiko Bokura, founder of the Mindful Leadership Institute, Japan.

80% of participants reported that they could use deliberate techniques learned from the program to handle stressful situations.

EMOTIONAL INTELLIGENCE correlates with BETTER LEADERSHIP



"I would highly recommend the Search Inside Yourself program as part of any leadership development curriculum. We were able to incorporate the exercises into our work immediately."

- Karen Hershenson, Studio Leader, Procter & Gamble.

85% of participants reported that they had an increased ability to connect with others after the program.

MINDFULNESS can lead to more INNOVATIVE THINKING



In a survey conducted by the Institute of Mindful Leadership:

93% of leaders reported that mindfulness training helped them create space for innovation,

and nearly **70%** said it helped them to think strategically.

SAMPLE 2-DAY TRAINING SCHEDULE

DAY 1

8:30 - 9:00	Start
9:00 - 12:00	Morning's Agenda
	Practice: Attention Training
	How do you develop emotional intelligence?
	Mindfulness: Moving from autopilot to aware
	Practice: Open Awareness
	Practice: Body Scan
	Self-Awareness: Knowing one's internal states
13:30 - 17:00	Afternoon's Agenda
	Self-Management: Skillfully manage your impulses and reactions
	Exercise: Mindful Listening
	Exercise: Reframe and respond to challenges in the moment
	Exercise: Self-Compassion
17:00	End of Day 1



DAY 2

8:30 - 9:00	Start
9:00 - 12:00	Morning's Agenda
	Motivation: Align your values and work
	Practice: Alignment with values
	Envisioning Practice: Visualize your goals
	Practice: Resilience, recover from setbacks
	Empathy: Understand others' feelings and experiences
	Practice: "Just like me"
13:30 - 17:00	Afternoon's Agenda
	Practice: Mindful Walking
	Practice: Empathetic Listening
	Exercise: Difficult Conversations
	Leadership: Lead with compassion
	Practice: Compassion Practice
	Practice: Leadership Commitment
	Synthetic & Integrated
17:00	End of Day 2

FACILITATORS

SIY Certified Teachers who have been trained by SIY Global to deliver the Search Inside Yourself program to organizations and communities globally.

DELIVERY OPTIONS

The SIY workshops at PACE-MLV can be delivered in either of the following options:

Public Workshop:

- A special learning experience for individuals or groups coming from different companies.
- Workshops are offered on a fixed schedule and at a venue chosen by PACE-MLV.

In-house Workshop:

- Standard Program: Exclusive training for your organization with standard content.
- Customized Program: Exclusive training for your organization with tailored content to fit your needs and expectations.

Mindful Leadership Vietnam, a member of PACE Institute of Management (**PACE-MLV**), focuses on delivering programs and activities related to mindfulness and mindful leadership in order to help develop leadership, performance, and quality of life for individuals and organizations in Vietnam.

SIY Global is the pioneering and leading organization in the world in considering “mindfulness” as a science and use “mindfulness” to develop leadership.

PACE-MLV is the exclusive partner organization of SIY Global in Vietnam.



MINDFUL LEADERSHIP VIETNAM (PACE-MLV)

PACE Building
195-197 Nguyen Thai Binh Street
Ben Thanh Ward, Ho Chi Minh City
(former District 1, Ho Chi Minh City)

PACE Building
341 Nguyen Trai Street
Cau Ong Lanh Ward, Ho Chi Minh City
(former District 1, Ho Chi Minh City)

Hanoi Office
Coalimex Building (Floor 2)
33 Trang Thi Street, Hoan Kiem Ward
(former Hoan Kiem District, Hanoi)