PACE
INSTITUTE OF MANAGEMENT

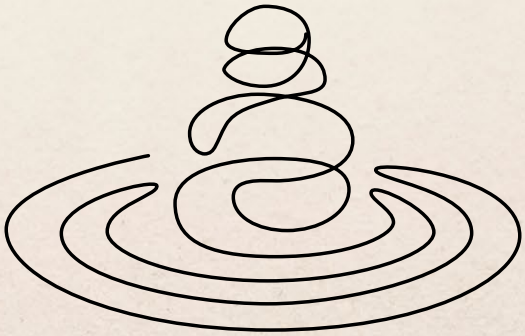
SIY Vietnam

search inside yourself

Mindfulness-based Emotional Intelligence for Leaders

Search Inside Yourself is the world's famous leadership development program based on the foundations of Neuroscience, Emotional Intelligence and Mindfulness. Originally developed at Google, globally recognized, now in Vietnam!

SIY Vietnam (SIYV) is the exclusive partner organization of SIY Global (SIYG) to deliver "Search Inside Yourself" in Vietnam.



Emotions power business performance.

THE POWER OF MINDFULNESS AND EMOTIONAL INTELLIGENCE

What is mindfulness? It refers to practices that help us connect with our inner self and be deeply aware of what is happening in the present moment - both inside and outside. Neuroscience has proven that mindfulness improves the brain's capacity to manage stress, sustain focus, and spark creativity.

Mindfulness is the foundation of emotional intelligence, helping us connect with our intrinsic motivation, manage our emotions, and understand others' emotions so we can work together in harmony and effectively.

The outcome of mindfulness and emotional intelligence is the ability to build a happy and sustainable life, develop mindful leadership, and foster a happiness-at-work culture in the workplace.

Emotional intelligence is one of the top three skills required for future success in the workplace.

**2023 Microsoft Trend Index*

Teams that **prioritize emotional intelligence** are **2.6x** more likely to succeed at their business transformations.

**2022 Oxford Saïd Business School*

Teams with **high psychological safety** demonstrate **57%** more collaboration and **50%** more productivity**.**

**2021 Accenture*

SIY global

SIY Global deliver world-leading emotional intelligence training with experience you can trust

500K+

people trained

93

Net Promoter Score
(Willingness to Recommend
to Friends and Family Index)

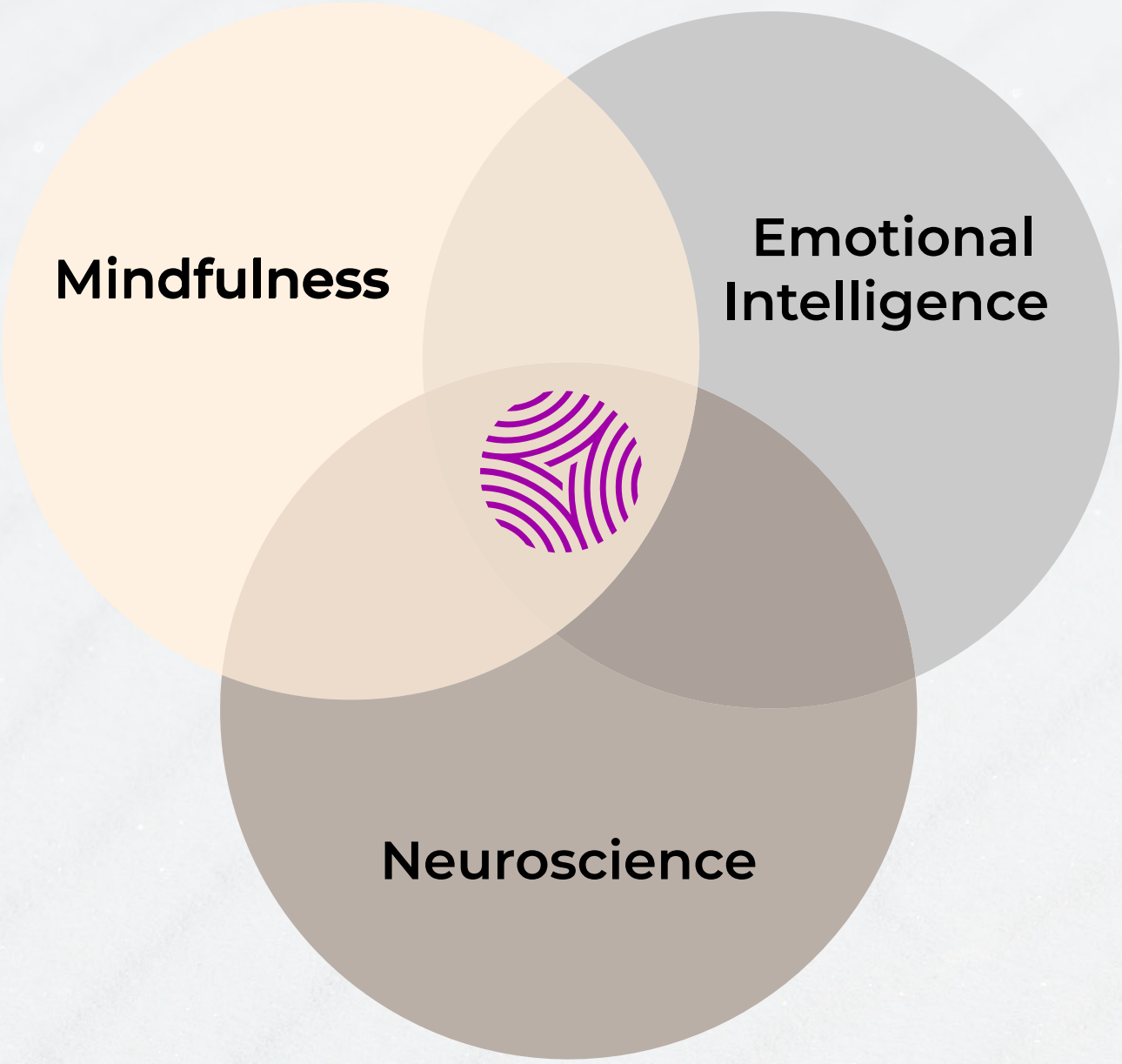
15+ YEARS

of proven results
around the world

50+

program languages

WHY SIY STANDS OUT



Search Inside Yourself is a unique leadership training program that integrates three core foundations: Neuroscience, Emotional Intelligence, and Mindfulness.

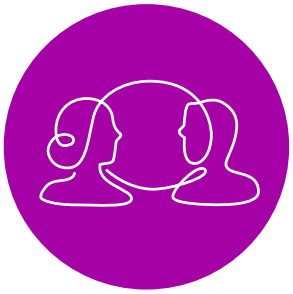
The program is built on a solid and clear neuroscience foundation, combined with practical and easy-to-understand mindfulness practices. It enables participants to develop mindful leadership capabilities, enhance work performance, and contribute to creating a happy and effective workplace culture within the organization.

WHO IS SIY DESIGNED FOR?

INDIVIDUALS

Increase focus, enhance work performance, manage stress, and cultivate inner peace and happiness

- Become a highly valuable member of the organization



LEADERS & MANAGERS

Develop the ability to make sound decisions and deeply connect with employees through empathy

- Become a mindful and inspiring leader for the team

TEAMS

Establish a common language of emotional intelligence, thereby strengthening communication and collaboration based on mutual understanding and trust

- Become a cohesive and united team capable of overcoming challenges and achieving shared goals

ORGANIZATIONS

Foster a “happiness-at-work culture” and create a positive working environment where every member feels valued and a true sense of belonging

- Become an organization where people are at the center and culture is the foundation for sustainable growth and long-term success

THE BENEFITS OF SIY

1

Build greater resilience to handle stress
Equip your team with self-management strategies to be more adaptable in times of rapid change.

2

Improve focus and productivity
Give employees the self-awareness skills needed for sustained concentration to get more done with less distraction.

3

Increase team cohesion
Foster trust and communication through empathy and social skills for a more connected, effective team.

4

Strengthen culture
Provide tools for daily growth that support the lasting behavior change that leads to culture change.

PROGRAM DETAILS

The standard SIY journey begins with a 2-day in-person training, followed by 4 weeks of self-practice, and concludes with an optional consolidation webinar.

Phase 1: 2-day in-person program

In-depth training on mindfulness and dimensions of Emotional Intelligence, grounded in neuroscience. Practical exercises and tools you can apply immediately at work and in life.

Diverse learning methods: a blend of theory, case studies, hands-on experiences, and group discussions,...

Day 1: Mindfulness, Self-Awareness, and Self-Management

Introduction: The Power of Mindfulness and Emotional Intelligence

1. Mindfulness:
- Explore the integration of body - mind - spirit
- Understand the neuroscience
- *Practice:* Sharpen your focus and learn how to apply mindfulness in everyday life

2. Self-Awareness:
- Shift from "identification" to "de-identification".
- Recognize the role emotions play in decision-making
- *Practice:* Connect with your body and journal your thoughts and emotions

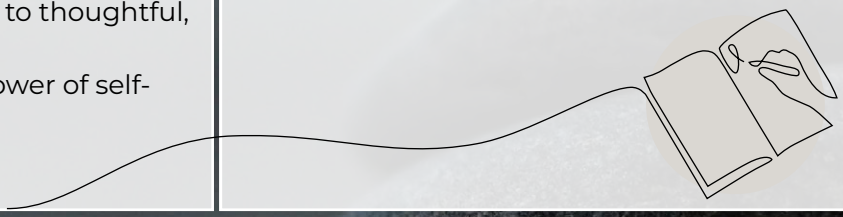
3. Self-Management:
- Move from impulsive reactions to thoughtful, intentional responses
- Embrace the transformative power of self-compassion
- *Practice:* SBNRR

Day 2: Motivation, Empathy, and Leadership

1. Motivation:
- Uncover the key drivers of motivation
- Align with your core values and higher purpose
- *Practice:* Cultivate inner strength through a growth mindset

2. Empathy:
- Recognize and resonate with others' emotions
- The importance of empathy
- *Practice:* Mindful and empathetic listening

3. Leadership:
- Inspire others by leading by example
- Guide teams with intelligence and compassion
- *Practice:* Difficult conversations



Phase 2: 28-day challenge *(15 min per day x 28 days)*

Recommended exercises are emailed daily to reinforce what you've learned and suggest real-life applications, helping you build healthy, lasting habits.

Phase 3: Capstone Webinar *(60 – 90 minutes, optional)*

Reconnect with the instructor and fellow participants to consolidate knowledge, share practice experiences, address questions, learn from one another, and look toward the future.

DELIVERY OPTIONS

The SIY workshops at SIYV can be delivered in either of the following options:

Public Workshop:

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

In-house Workshop:

Exclusive training for your organization with standard contents or with tailored contents to fit your organizational needs and expectations. For further information, please contact us via phone **(028) 3837.0208** or email contact@SIY.vn.

FACILITATORS

A SIYV faculty member who has completed two years of training with SIY Global and has been granted the SIY Certified Teacher credential by SIY Global, officially authorized to teach SIY worldwide.

WHY CHOOSE SIY GLOBAL?

Science-based emotional intelligence

Our programs incorporate the latest neuroscience, behavioral and organizational research, and evidence-based practices

Measure impact to prove value

Our programs offer tangible metrics to demonstrate their impact, making it easier for you to highlight success and ROI to stakeholders

Seamless program integration

Our solutions fit effortlessly into your current initiatives, and our team works with you to support implementation and sustainment of skills

Customized learning paths

Tailored specifically to your industry, region, and organizational challenges, our content ensures relevance and maximizes engagement. Our scalable solutions like train-the-trainer amplify your impact

Expert facilitation

Our world-class facilitators are adept at connecting with executive audiences, delivering industry-specific insights for an impactful learning experience

Immediate workplace application

Interactive and practical, our programs equip participants with skills they can apply right away, enhancing performance and teamwork

SIY Vietnam (SIYV), a member of PACE Institute of Management, 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, world-leading organization in Mindful Leadership. It regards mindfulness as a science and integrates it with neuroscience and emotional intelligence to develop leadership capabilities.

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SIY VIETNAM

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