
SEARCH INSIDE YOURSELF (SIY) PROGRAM

The Search Inside Yourself (SIY) Program, rooted in neuroscience, teaches mindfulness-based emotional intelligence skills 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- or three-day in-person SIY experience.

Scan to learn more



To explore bringing SIY to your organization, email siy-mit@mit.edu.

SEARCH INSIDE YOURSELF PROGRAM IMPACT

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

90% notice when their attention has been pulled away and can bring it back to the present

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

EFFECTIVE TEAMING WORKSHOP

Current behavioral science and neuroscience research show that individuals and teams perform optimally when in an environment where they feel a sense of belonging, inclusion, trust, and psychological safety.

In this workshop, participants will:

- Learn practices to support cultivating a culture of psychological safety in teams.
- Explore and discuss ways to enhance and inspire more trust within and between teams.
- Practice key skills, such as perspective-taking and empathy, to foster a culture of inclusion.
- Learn practices that help generate a sense of belonging for team members.
- Reflect on key takeaways for practice and integration.

MIT offers both an in-person and virtual workshop experience.

Scan to learn more 



To explore bringing Effective Teaming to your organization, email siy-mit@mit.edu.