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.
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?
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
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
SEARCH INSIDE YOURSELF PROGRAM OPTIONS

• Keynote
• Program
• Effective Teaming

Visit the Atlas Learning Center to sign up for MIT SIY programs