



Search Inside
Yourself
Leadership
Institute

An invitation to experience SIY Practicum

About the Practicum

You're invited to experience the Search Inside Yourself (SIY) Program facilitated by Stephanie Meriaux and Christina Graham, teachers-in-training at the Search Inside Yourself Leadership Institute ([SIYLI](#)). The goal of the day is to help you thrive, enjoying greater productivity, effectiveness, and happiness in all aspects of your work and outside of work.

Stephanie and Christina have completed a portion of the year-long SIYLI Teacher Training program. As part of the certification process they will offer this program at no charge, in exchange for the opportunity to practice teaching the program and receiving your candid and supportive feedback. Your feedback is an essential part of their certification process. There will be an online survey that takes 5-10 minutes to complete at the end of the program.

Why SIY

Born at Google and based on neuroscience, the SIY program teaches emotional intelligence skills that lead to sustained peak performance, strong collaboration and effective leadership. SIY increases self-awareness, empathy, communication and resilience. All of these help create positive emotional and mental states for a strong and inspiring leadership presence.

The program includes sessions on mindfulness (the science of being present), self-awareness (understanding your thoughts, emotions and habits), self-management (skillfully managing your impulses and reactions), motivation (aligning your values and work), empathy (understanding others' feelings and experiences) and leadership (influencing with compassion).

The mindfulness and emotional intelligence skills you'll learn will help you:

- Experience greater well-being, resilience and stress management.
- Improve performance, collaboration and empathy.
- Increase effectiveness and decision-making capacity.
- Cultivate innovative, creative thinking.

For more details about the SIY program, click [here](#). For more information about SIYLI the organization, click [here](#).

Sponsored by URSAA and co-hosted by the Alliance for Community, Transformation and Wellness (ACTW), this free 2-day Search Inside Yourself training will be offered on the University of Redlands main campus on Saturday, February 16 and Sunday, February 17, 2019 from 8:30am – 5:00pm. Valued at \$1250.00, the 2-day training will be offered at no charge but attendees must commit to attend both days. Only 30 spots are available. To reserve your spot, visit www.redlands.edu/URSAA. RSVP required by Friday, 2/8. Your reservation will be confirmed based on availability.