

# Search Inside Yourself

## Keynote

An inspiring introduction to the mindfulness-based emotional intelligence training program developed at Google and backed by the latest neuroscience.

This introductory presentation helps to improve focus and empathy to harness your team's full potential.



### We teach leaders tools for focus, self-awareness and resilience.

Designed and tested at Google, the SIY program teaches mindfulness and emotional intelligence skills that lead to sustained peak performance, strong collaboration and effective leadership.

**Facilitated by one SIY Certified Teacher, the SIY Keynote is** an inspiring and interactive 60 to 90-minute introduction to mindfulness-based emotional intelligence skills with practical applications that participants can incorporate into their life immediately.

Tap the power of Emotional Intelligence for your business.

Contact **Jean-Christophe Trentinella**, certified Search Inside Yourself teacher, to bring SIY to your organization.



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### What to expect from a Search Inside Yourself (SIY) keynote:

The keynote integrates individual and hands-on exercises. It can be customized for your organization's needs, and held as a stand-alone presentation or integrated into a conference or off-site.

The interactive keynote includes:

- The neuroscience supporting mindfulness and emotional intelligence.
- The role of attention training in enhancing focus and developing empathy.
- Foundational exercises to focus attention, calm the mind and enhance connection and compassion.

### Typical keynote agenda:

#### Introduction

Opening Exercise

Case for Mindfulness and Emotional Intelligence

**Self-Awareness:** Knowing one's internal states

**Practice:** 3 Breaths

**Empathy:** Understand others' feelings and experiences

**Practice:** Unmindful Listening

**Practice:** Shift to Connection

**Practice:** Mindful Listening

Application Brainstorm

End of Keynote