

Born @ Google



SEARCH **INSIDE** YOURSELF

Certified Program

Leadership Training in Mindfulness and Emotional Intelligence

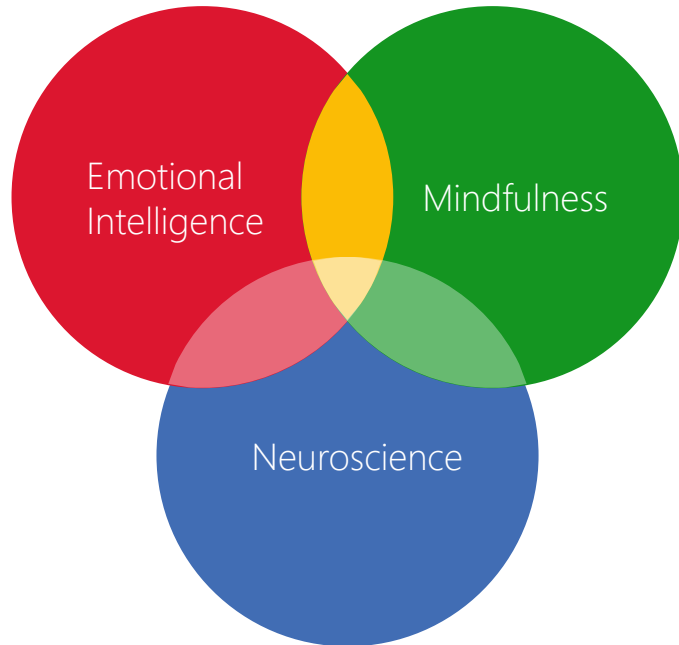


Geneva, **Switzerland**

June 27-June 28, 2019

Participant Information

Creating People Who Thrive



Search Inside Yourself (SIY) was developed at Google in 2007 in collaboration with some of the world's leading neuroscientists, this results-oriented program is designed to empower individuals, strengthen teams and transform entire workplaces. The program has been conducted over 400 times in more than 35 countries around the world.



Now you can participate in the SIY Program in Geneva (Switzerland) on June 27-June 28, 2019.

Does Your Workplace Encourage Peak Performance?

Join Successful
Organizations using SIY
Mindfulness Techniques





Why Mindfulness For Organizations?

Mindfulness addresses some of the **most pertinent challenges** managers confront in their workplace:

75%

Of employees feel they are not utilizing their creative potential at work.

70%

Of employees report being disengaged, leading to lower personal productivity & company success.

50%

Of employees report they have left their job because of poor management skills.

Only 8%

Of people strongly agree that they experience overall wellbeing because of their work.



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Source: Gallup 2015



Four Key Disciplines



The SIY Curriculum is rooted in scientifically validated research stemming from four key disciplines



Leadership

Leadership skills such as decision making, communicating effectively, and inspiring trust are enhanced through practices in mindfulness and emotional intelligence.



Mindfulness

Research shows that mindfulness is a foundational skill that can help in your personal growth, particularly in self-awareness, self-management, and emotional skills.



Emotional Intelligence

Workplace studies show that having strong emotional competencies predict employee performance, leadership effectiveness, and wellbeing.



Neuroscience

Scientific research indicates that how we direct our attention determines the mental habits we form, the emotions we develop, and the results we experience.



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Benefits of Mindfulness & **Emotional Intelligence**



Expands Leadership Capacity

Become skillful at communicating and influencing

Inspire trust

Grow into a highly effective leader



Improves Collaboration & Performance

Encourages greater empathy and ease in relationships

Provides tools for building trust and improving collaboration within and across organizations

Enhances strength in brain regions associated with focus, working memory, and executive function



Enhances Wellbeing & Resilience

Builds resilience, i.e. in managing change, among others

Develop the optimism and emotional resilience to reach your goals

Hone the trainable skill of wellbeing with robust mental and emotional health

Validated by Science



Peer-Reviewed Academic Research:



Wellbeing

Employees who practiced mindfulness reported **greater resilience, wellbeing, immune response, and job satisfaction** compared to workers who did not practice mindfulness.

(Hulsheger et al., 2012; Davidson et al., 2003)



Cognitive Strengthening

Even short amounts of mindfulness practice - just four twenty minute sessions - **reduces anxiety**, and **improves executive functioning** and **working memory**.

(Zeidan et al., 2010)



Stress Relief

Mindfulness practice leads to better ability to **handle interpersonal stress** and create **positive outcomes** in difficult interpersonal situations.

(Barnes et al., 2007; Carson et al., 2004)



Engagement

A leader's greater positive emotions and emotional intelligence lead to **higher engagement** and a 15% increase in self-reported **personal thriving** among direct reports.

(Harter et al., 2003)



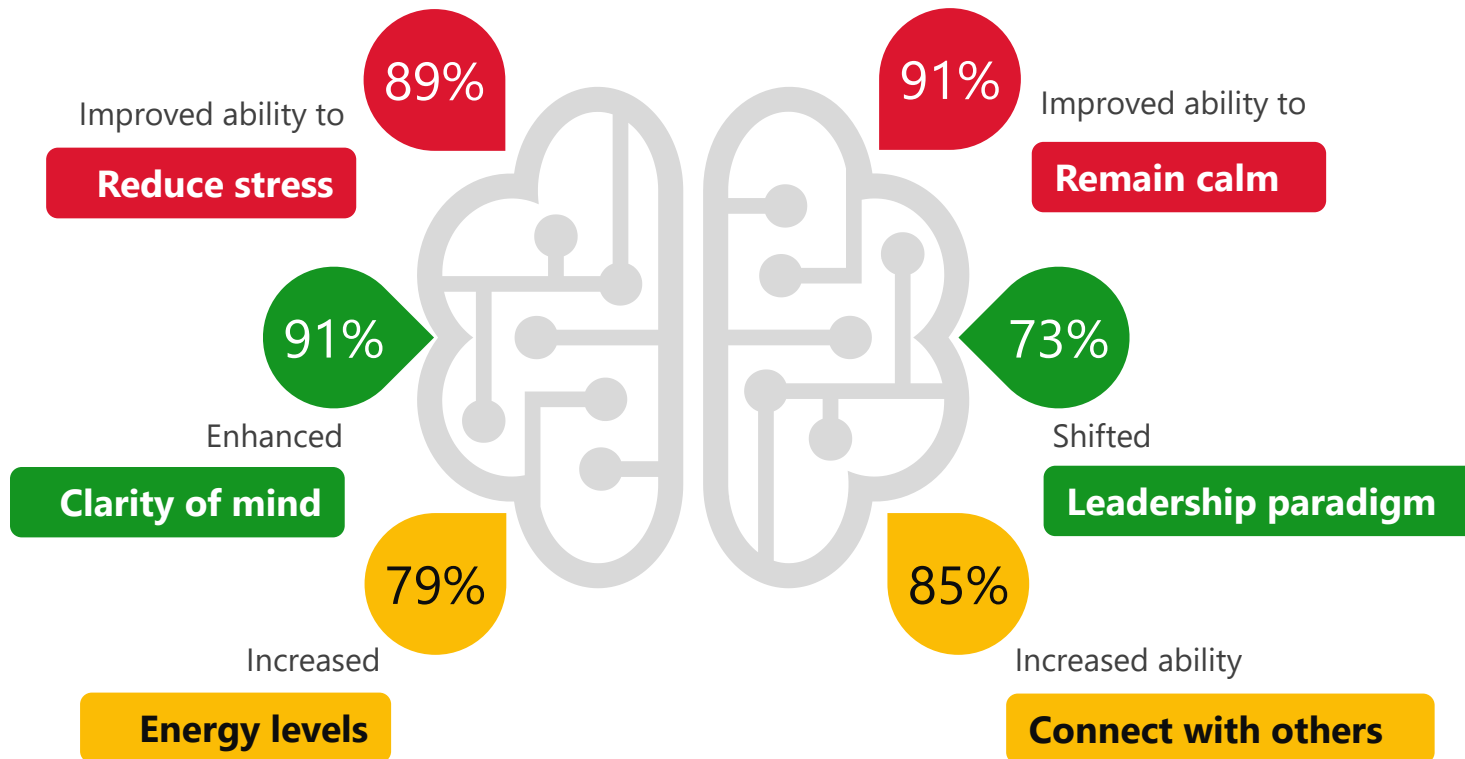
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Results Oriented



SEARCH INSIDE YOURSELF builds Key Leadership Skills through Mindfulness and Emotional Intelligence



“If you are fully **present** on the job, you will be more effective as a **leader**, you will make **better decisions** and you will work better with other people.”

~**Bill George**

Professor Harvard Business School

Former CEO Medtronics

Goldman Sachs Board



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Source: SIY Participant Study, Australia 2015/16



SIY Training Profile



2-day in-person program



Participants: senior leaders, managers, employees, entrepreneurs, private individuals



Held in English by two SIY certified teachers with a joint experience of 50 years



Fee per participant: CHF 990 to 1.490 (depending on early vs. late registration)



4-week online program after the event to integrate learnings



Date: June 27-June 28, 2019 in Geneva

Ticket Price Structure



	Individual Pass	Group Pass
Early Bird	Until June 14 th CHF 990	Groups of 3 or more CHF 790
Standard	June 15 th – June 27 th CHF 1.490	Groups of 3 or more CHF 890



What Our Participants Say



A MUST IF YOU WANT TO TRANSFORM

This is the best conference I have EVER attended. Never before I have been able to sit for two whole days and be fully engrossed in every second. I will tell people that if they are wanting to transform their lives then they MUST attend this course.

Catherine Denney

Sian Cameron

Qantas

LEADERS NEED TO GO

I'm a change manager and leaders need this stuff before they have the ability to manage change well for their people. So ALL leaders need to go.



IMPACT ON ALL ASPECTS OF LIFE

Mindfulness is a serious subject that can have an impact on all aspects of our work and home life – there is something in this program for everyone.

Louise Cairns

Department of Defence

Dieter Hauser

Contract Manager Axpo Group

TRAIN YOUR PERCEPTION

I was very impressed how we learned with simple methods to train our emotional intelligence through conscious perception. It opened up completely new perspectives for me. I have never been moved like that by a seminar. Thank you that I was able to participate".



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Our Teachers



Angelika von der Assen

Angelika von der Assen is passionate about enabling leaders to master the challenges of today's dynamic and complex business world by mindfulness practices. As an independent coach, she loves to bring mindfulness practices to organizations – business-fit and backed by science. Angelika also works for Switzerland's largest energy supplier as Head of Management Development, where she implements mindfulness practices for the company's leadership and talent development programs.



Robert Chender

Robert Chender has been a certified mindfulness teacher and practitioner for over 30 years, and regularly conducts mindfulness training in corporations, law firms, and non-profits, as well as one-to-one. As a lawyer and former investment executive, he uses his deep knowledge of both business culture and mindfulness practice to help individuals and organisations achieve increased efficiency, improved decision making and leadership skills, and greater wellbeing.



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Our Venue —



Webster University
Route de Collex 15
Geneva Switzerland



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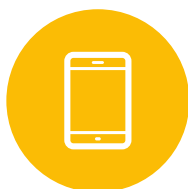
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Switzerland

powered by Mindleader / Karuna Investitions AG



Contact: Michelle Ithen



Phone

+41 79 891 45 58



E-Mail

michelle.ithen@mindleader.org



Website

www.mindleader.org