

SEARCH INSIDE YOURSELF

LEADERSHIP INSTITUTE

DO YOU WORK IN A HIGH PRESSURE RESULTS-ORIENTED ENVIRONMENT?

TRAIN YOUR BRAIN TO HANDLE STRESS AND BECOME RESILIENT IN CHALLENGING TIMES

**September 29 & 30, 2016.
Dublin, Ireland**

For more information and to reserve your place:
www.siyireland.com (Dublin)

About the Leadership Institute

BORN at Google from one Engineer's dream to change the world, Search Inside Yourself is now a globally-recognised program & network. Bridging age-old practices of mind training with modern neuroscience and technology, we help people in organizations bring out the best in themselves, from the inside out.

Our board, teachers and coaches have helped senior executives and upper management at Fortune 100 companies, worked in the world's top neuroscience labs and held prominent executive positions in leading companies

The Benefits of Mindfulness & Emotional Intelligence



EXPANDS LEADERSHIP CAPACITY

Increases effectiveness, decision-making capacity, and ability to create positive culture.



IMPROVES PERFORMANCE & COLLABORATION

Enhances strength in brain regions associated with focus, working memory, and executive function. Encourages greater empathy and ease in relationships.



ENHANCES WELLBEING & RESILIENCE

Improves emotional resilience, stress management, happiness, and job satisfaction. Minimises stress symptoms and sick days.



What's *Unique* About SIY



Developed and tested within Google.



Created by thought-leaders in mindfulness, emotional intelligence and neuroscience.



Makes deep and complex concepts highly practical and accessible.



Emphasises application to the on-the-ground challenges of daily work.



Why SIY?



It is no longer sufficient that a leader be able to manage people and processes they must also be able resilient enough to effectively use their minds to manage their emotions, reactions and decisions in challenging business situations – and to help the people they manage to do the same. Yet many leaders report that they too feel overloaded and overworked to even get a good night's sleep – and therefore unable to manage their own emotions effectively, never mind those of their people.

Learn the essential competencies for sustaining peak performance, creativity and motivation – even in the face of extreme stress and challenging times

Be inspired by the world's leading organisations

Join the emerging movement of companies integrating evidence-based mindfulness into their workplaces

What have Google, Samsung, Apple, P&G, McKinsey, Aetna, SAP, General Mills, LG, Apple, eBay and the World Economic Forum got in common? They have all introduced mindful leadership programs to help their leaders excel, and their teams thrive.

EMOTIONAL INTELLIGENCE

Workplace studies prove that emotional competencies enhance performance, leadership effectiveness, and wellbeing.



MINDFULNESS

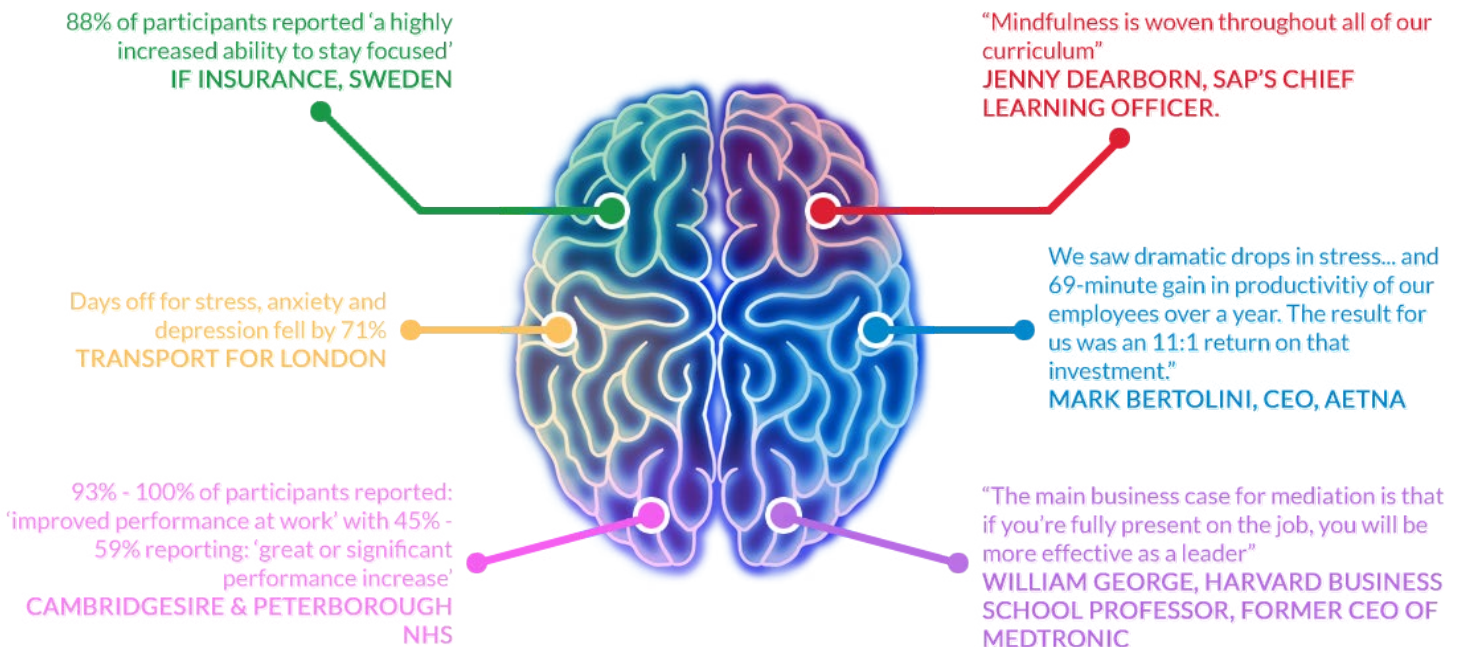
Research shows that mindfulness is a foundational skill that underpins the inner factors of growth: self-awareness, self-management, and emotional skills.

NEUROSCIENCE

Neuroscience shows that attention is the fundamental energy of the mind. How we direct our attention determines the mental habits we form, the emotions we develop, and the results we experience.

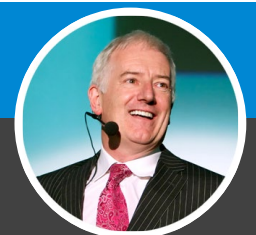
MINDFUL LEADERSHIP DIRECTLY IMPACTS RESULTS

Mindfulness produces clearly measurable business results right across organisations



Got a question?

If there's anything more you'd like to know, just let me know



DEIRIC MCCANN
+353 (0) 45 856450