

**WHAT'S
COMMON BETWEEN
GOOGLE,
SOME WALL STREET
BANKERS, CADRES
FROM US MARINE
CORPS, A HARVARD
INITIATIVE AND
MEMBERS OF
UK PARLIAMENT?**



**THEY ARE INTO "MINDFULNESS"
PRACTICES OF VARIOUS KINDS.
FOR POISE AND PERFORMANCE
AMIDST THE DYNAMIC INNER
AND OUTER DISRUPTIONS.**

About SIYLI

It began in 2007 when veteran engineer Chade-Meng Tan assembled leading experts in mindfulness, neuroscience and emotional intelligence to develop an internal course for his fellow Googlers. It quickly became the company's most popular training program.

Interest outside Google was so great that the Search Inside Yourself Leadership Institute (SIYLI) was established in 2012 as an independent nonprofit organization. Since then, Search Inside Yourself has become a globally recognized program and SIYLI continues to work with Google, as well as other corporate, nonprofit and government organizations around the world.



**Search Inside Yourself
Leadership Institute**

<https://siyli.org/>

PRESENTED BY



SUPPORTED BY



**BORN AT
GOOGLE
BASED ON
NEURO-
SCIENCE**

**ANCIENT
WISDOM
+
CONTEMPORARY
SCIENCE**

100
cities

**GLOBAL
FOOTPRINT**

25000

**PLUS
PARTICIPANTS**

- Executives
(SVP-C-suite level)
- Managers
- Medical Doctors
- Lawyers
- Teachers & Educators
- Government Employees
- Non-profit Workers

2
SIY editions

200+
participants

**INDIAN
FOOTPRINT**

OCTOBER 22, 2017

“ Most practices we teach have roots in India.”

An award winning engineer, an acclaimed author and now a thought leader, **Chade-Meng Tan** has worn several hats over the years. In a chat over email with **Hemant Gupta**, Meng spoke about his experiments with mindfulness mediation and efforts to spread world peace.

What made you look at the connect between mindfulness and the business environment?

I feel that if even a seriously flawed person like me can benefit so profoundly from mindfulness, I know others can too, and I want to help everybody in the world become peaceful, happy and compassionate. I wanted to start with the workplace, because that is where adults spend most of their waking lives. I quickly realised the implication of doing this. If inner peace, inner joy and compassion become widespread in the world, then it creates the conditions for world peace. World peace! That's how important this is. I had to do this.

The only question was how? I eventually figured it out: We need to align inner peace, inner joy and compassion with success of individuals and companies. In other words, if we can help people and companies succeed in a way that inner peace, inner joy and compassion are the necessary and unavoidable side effects, then those three qualities will spread. And I feel that one way to achieve that is with an effective mindfulness-based curriculum for emotional intelligence for adults. That was why I led the creation of Search Inside Yourself, which uses mindfulness and other meditative techniques to train emotional intelligence.

What were the crucial milestones in the journey of siyli.org (Search Inside Yourself Leadership Institute)?

Our first big milestone came in 2007. That's when the Google University was founded and they were looking for home-grown curricula for Google employees. By sheer coincidence (or karma?), at that same time, I was gathering top experts on fields relating to corporate mindfulness and we had

created a mindfulness curriculum (which we jokingly called "Search Inside Yourself", or SIY). All we needed was a platform to launch it from. And again, by sheer coincidence, one of the experts had a close friend who was a close friend of Google's newly hired Director of Google University. And everything suddenly came together and Search Inside Yourself, which was at that time a highly experimental program, had its first successful pilot.

SIY quickly became the most popular class in Google. Classes would fill up within 30 seconds of opening, and the demand overwhelmed my team's ability to deliver. We needed to train more teachers. So I started writing down in detail what I taught in class, and I soon realized I was actually writing a book, so I turned it into a book project. I asked for 13 weeks of unpaid leave from Google to write the book. My manager Karen asked, "Do you realistically think you can write an entire book in 13 weeks?" And I said, "I don't know, but I know one way to find out." She approved my leave. But Karen was right, I wasn't able to write the book in 13 weeks, it took me 14.

At the same time, I co-founded a non-profit institute called the Search Inside Yourself Leadership Institute (SIYLI, pronounced "silly") to bring SIY out to the world, with Google's blessings. Google donated all intellectual property relating to SIY to SIYLI. And the rest, they say, is history.

[SIYLI \(siyli.org\)](http://siyli.org) is entering India in alliance with Thank You, India. What are your expectations and challenges from the Indian audience?

I like to think of it as returning a small gift in gratitude for a big one. Most practices we teach in SIYLI can trace their roots back to India. India has given the world a perfect, beautiful gem. I, for



one, am extremely grateful for it. It changed my life. In the West, what we did with India's gift was to make it more applicable to the lives and context modern people find themselves in. We're not "improving" on India's gift, because it's already so perfect there is no way to improve on it. Instead, we made it more understandable to modern people and more applicable to the modern context. I hope these things that we did are also useful and relevant to modern people in India. How would you define "mindfulness"?



How is it different from other practices like yoga, qi gong?

Mindfulness is defined as paying attention, on purpose, in the present moment, non-judgmentally. In other words, mindfulness is a specific way of paying attention, and "mindfulness meditation" means practicing that particular way of paying attention.

Mindfulness, then, is a purely attentional quality. Because of that, it is also the foundation of all other practices that involve attention. In Buddhism, for example, we say that mindfulness is the "salt" of meditation. Just like salt is used in almost all cooking, mindfulness is used in almost all meditation practices, because almost all forms of meditation require clear, present-moment attention.

It is also used in practices like yoga and qigong. In qigong, for example, part of it is physical (involving moving of the body), part of it is energetic (involving movement of energy between vital points in the body), but while doing all that, you need to pay total attention to the present moment, which means all of it involves mindfulness.

Alok Sheopurkar*Head-HR, HDFC AMC*

"Mindfulness is not just about staying calm and being present, but it is also about understanding the impact of our action or inaction on the outer world. SIY successfully articulated this and shared tools for integrating in daily lives."

Kalpen Shukla*President- IIM Ahmedabad
Alumni Association Mumbai*

"I attended the 1st workshop organised by SIYLI at BSE, Mumbai. It was a wonderful experience over 2 days wherein the global faculty took the participants through a unique experience on Mindfulness and its impact on individual's daily life. Built on inputs from diverse disciplines, the enriched content helped the participants to appreciate the finer aspects of "being present in the present" and living the moment in its isolated existence detached from all other appurtenances. A very rewarding interaction with co-participants and cultivating meaningful relationships with other like-minded individuals, came as unexpected bonus. Best Wishes for all future interventions from SIYLI and recommending the experience to all those who wish to explore life with an enhanced perception."

Dr Sanjay Agarwal*HOD-Psychiatry, Tata Main
Hospital*

"I have always been intrigued by one question ... "why do humans behave the way they behave inspite of having all the knowledge like... "I should not get angry or shout. Should not smoke. A diabetic knows the value of diet control and regular exercise, but does not do it." I got answers during the SIY mindfulness training program, that we mostly work on an autopilot mode or as a habit. Hence we are not in control of our behavior. Mindfulness help us to create space between stimulus and response and hence allow us to take control of our action. SIY is the best program I have ever attended and it has helped me in self improvement and in my clinical practice."

D K Sharma*Head-HR, HPCL Refinery,
Mumbai*

"I had heard a lot about the SIY program and was extremely pleased when I learned that program is being arranged in India for the first time by Thank You, India. There is no doubt that this is one of the best program for personal growth and self-development and it doesn't need any proof for its efficacy as I strongly believe that one of the major contributing factor in Google's success is its SIY program. Backed by latest research in the field of mindfulness, neuroscience and emotional intelligence this program is constantly evolving and helping people to not only realize self but also achieve self-mastery in the process. This is one of the most effective tool for change I know at present."

Ujval K Buch*Director, United Minds,
Vadodara*

"When I reflect upon my experience of attending this program, it kind of followed the "U" shape. Facilitators Hemant and Laura flawlessly facilitated our journey within and gradually brought us to greater awareness of self & others. Felt like time had slowed down and enjoyed every moment. The key highlight is 28 day post program challenge through guided actions which one must not miss practicing. Thank you SIYLI for helping me to find my roots again."

DAY 1

SESSION 1

Introduction, Mindfulness, Emotional Intelligence & Self-awareness

- Intro to emotional intelligence
- Intro to mindfulness
- The neuroscience of mindfulness & emotional intelligence
- Intuition and decision-making
- Theory, practice, and science of meditation
- Self-awareness at work
- Nine key emotional intelligence competencies
- Science of self-awareness and self regulation

SESSION 2

Self-regulation & Motivation

- Emotional regulation
- Understanding triggers
- Self-regulation model
- Alignment
- Envisioning

DAY 2

SESSION 3

Motivation & Empathy

- Resilience
- Neuroscience of motivation
- The role of empathy in leadership
- Understanding others
- Neuroscience of empathy
- Developing trust
- Political awareness

SESSION 4

Empathy & Social Skills

- Leadership and compassion
- Influence with goodness
- Communication with insight
- Neuroscience with compassion
- Teambuilding model and establishing trust
- Difficult Conversations
"Connecting the dots"

LEARNING OUTCOMES

We have all been there.
And have wondered
many times about.
How to have difficult
conversations?
How to get through
tough decisions?
How to manage our
inner life in wake of the
dynamically disruptive
outer? Come and join us.



Experience greater
well-being, resilience
and stress
management.



Improve performance,
collaboration and
empathy.



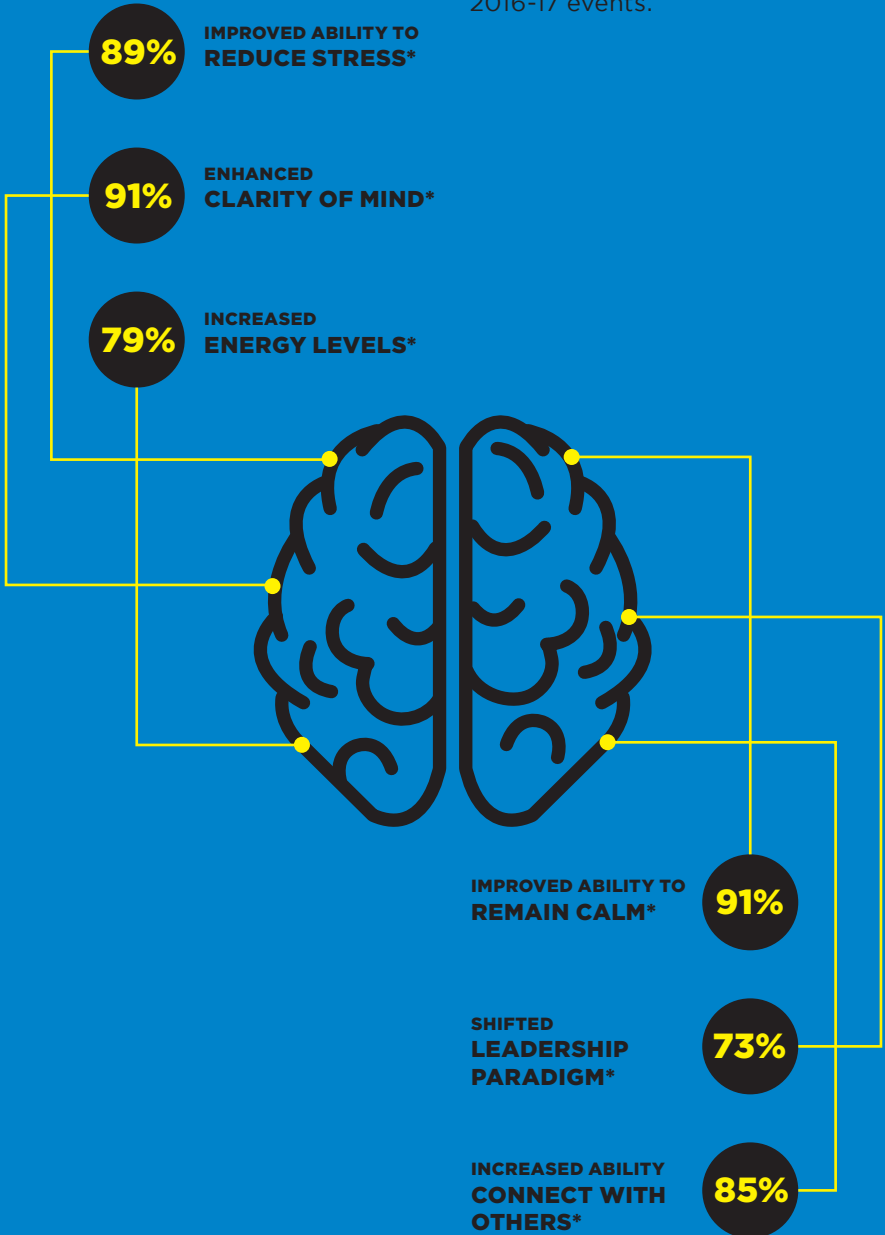
Increase effectiveness
and decision-making
capacity.



Cultivate innovative,
creative thinking.

THE NUMBERS SPEAK FOR THEMSELVES

Survey results from the
SIY training in Australia,
2016-17 events.

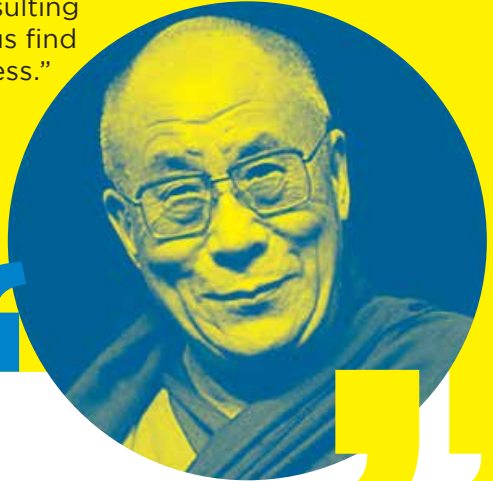


*numbers reflect % of participants who agree or strongly agree with survey questions.

TESTIMONIALS

“As human beings we are capable of positive change. Google engineer, Chade-Meng Tan’s book, *Search Inside Yourself*, creatively blends the ancient meditative practice of mindfulness with the contemporary field of emotional intelligence. It shows that to avoid certain kinds of results, you need to change the conditions that give rise to them. If you change the habitual patterns of your mind you can change their resulting attitudes - emotions, thus find peace and inner happiness.”

DALAI LAMA



“This is more than a book, it is a pathway, with specific exercises and guidance that are profoundly transformative and freeing. Mindfulness based emotional intelligence is about discovering the full spectrum of who you already are as a person.”

Jon Kabat Zinn

Founder - Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.



“Combining timeless wisdom with modern science, Chade-Meng Tan has created an entertaining and practical guide to success and happiness.”

Deepak Chopra

Senior Scientist, The Gallup Organization / Adjunct Professor, Kellogg School of Management / Clinical Professor, San Diego, Health Sciences



“SIY offers practical and proven tools wrapped in the gift of timeless wisdom.”

John Mackey

Founder, Whole Foods Market



“The Search Inside Yourself course transforms people. In this book, Meng shows that knowing yourself lies at the core of emotional intelligence. This account of testing a mindfulness based emotional intelligence curriculum at Google is highly enjoyable.”

Daniel Goleman

Psychologist and Award-winning author of Emotional Intelligence




“This book and the course it’s based on, represents one of the greatest aspects of Google’s culture—that one individual with great idea can really change the world.”

Eric Schmidt

Executive Chairman, Google

FOR PARENTS, TEACHERS, STUDENTS



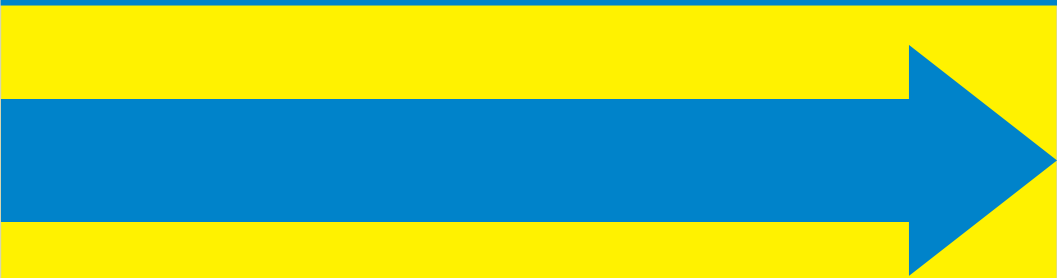
**We teach budding
leaders the tools
for focus, self awareness
and resilience.**

Future Leadership Skills:

Cultivating the self-awareness that is absolutely essential to leading with greatness.

Individual Strengths:

Connecting with one's own motivation and values in order to cultivate motivation and open the most successful academic and career options.



Relationship with Parents & Peers:

Exercising focus in interactions in order to foster healthy, engaged relationships.

First Loves:

Connecting with intense emotions within the body, learning to relate to them as experiences, rather than identity, thus building resilience.

MEDIA

B B C

Forbes

theguardian

**The
Economist**

FASTCOMPANY

Inc.

FINANCIAL REVIEW

**BUSINESS
INSIDER**

The New York Times

INDIAN MEDIA

Business Today

LifePositive

COMPANIES

Google



 The Australian Ballet




 Comcast.



Linked  in.

RSPCA 

 ThyssenKrupp

 Atlassian



CommonwealthBank 

SUNCORP 

 IAG
Insurance Australia Group



M9

INDIA PARTNER

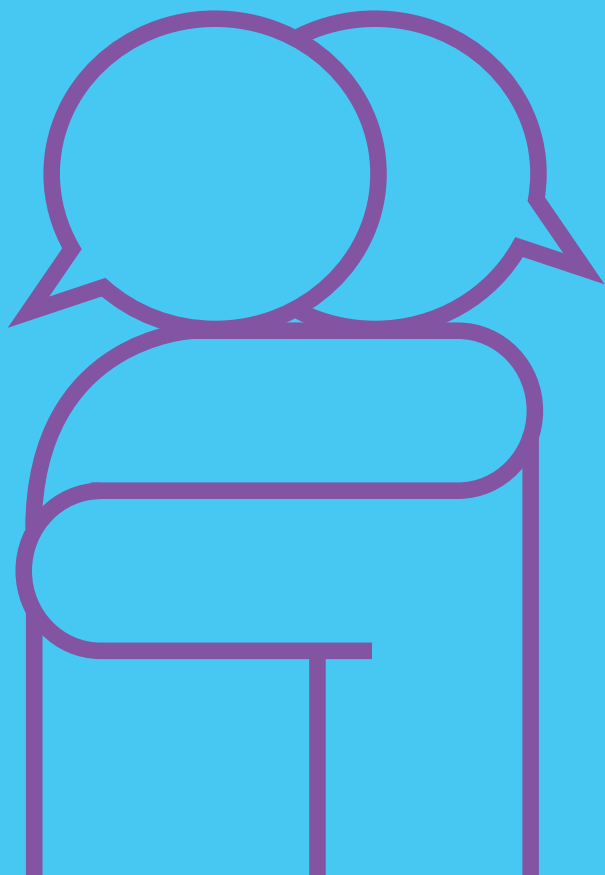


**“OUR HUNT FOR THE
WRONG IS HURTING OUR
ABILITY TO APPRECIATE
WHAT’S RIGHT”.**

Thus was born, Thank You, India, for thanking the routine right for a better self and society. Part of Thankfulness Research and Development Foundation (TRDF), a section 8 non-profit entity. Already 150,000+ thank you and moving. With support from IIM-A Alumni Association Mumbai, Indiabulls Foundation, Dept of Psychology-Mithibai, Center for Ethical Life & Leadership. More information: www.startwiththankyou.com

TRDF is part of Conscious Labs, which believes in interdisciplinary search-dialogue-action for impacting individuals and institutions. The team has been constantly searching and assimilating aspects from several disciplines. Like behavioral science, neuroscience, justice, moral philosophy, philosophy of science, game theory, neuroeconomics, systemic thinking, science of happiness, positive psychology, big history project, scriptural interpretations, modern and post modern philosophy, Buddhist meditation and psychology, yoga, body intelligence and more.

**THANK YOU
IS A BIG
TIGHT
VERBAL
HUG ★**



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