

PRBB Intervals Course Proposal

Course Title

Search Inside Yourself (SIY)

Proposed date(s)

October 16th, 23rd and 30th, and November 6th, from 14:00 to 18:00

Course Language

English

Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer)

José Antonio Aguilar is a SIY Certified Teacher. He is professor at the Máster en Coaching y Liderazgo Personal of the Universitat de Barcelona. He holds a Ingeniero de Telecomunicación degree by the UPC, and a Master of Science degree by the University of Illinois at Urbana-Champaign. He is also a MBSR instructor and has more than 20 years of experience in yoga and meditation practice.

Rationale for course (why is this course of interest for the PRBB staff?)

SIY is a course born at Google, based on brain science, that uses the practices of mindfulness to train emotional intelligence and leadership skills. Specially designed for organizations, SIY aims at developing both intrapersonal and interpersonal emotional intelligence skills, improving wellbeing, resilience, creativity, communication, productivity and personal and organizational leadership. In spite of its youth, SIY has been successfully implemented in dozens of organizations across industries and around the world.

Course aim – general

SIY is a highly interactive and experiential program that gives people the skills to be more effective and happier at work and in their lives. It includes the following core components:

- Overview of the neuroscience of emotion, perception and behavior change.
- Definition of emotional intelligence and its personal and professional benefits.
- Attention training to enable greater emotional intelligence, including self-awareness, self-mastery, motivation and connection with self and others.

- Principles and practices for developing healthy mental habits that accelerate wellbeing, including effective listening, generosity, empathy, communication and social skills.
- Mindfulness and reflection practices that support happiness, thriving and overall wellbeing
- Exercises include attention training practice, dyad conversations, writing, walking and group conversations

Specific learning outcomes (what new skills, knowledge &/or attitudes will participants take away from the course?)

Participants in the SIY program will learn foundational skills to:

- Enhance mental fitness and clarity
- Develop greater self awareness
- Reduce stress responses
- Enhance emotion regulation
- Increase motivation and resilience
- Improve access to creativity
- Improve empathy, collaboration and communication skills
- Develop better decision-making skills
- Increase leadership effectiveness
- Experience greater overall wellbeing

Course contents (outline of topics to be covered)

Session-1

Introduction: Becoming more present

Exercise: mindful listening

How do you develop Emotional Intelligence?

MINDFULNESS: the science and benefits of being fully present

Dedicated and integrated mindfulness practice

Practice: attention training

Practice: open awareness

SELF-AWARENESS: Develop a high-resolution awareness of your thoughts, emotions, and habits

Emotional awareness

Practice: body scan

Exercise: Journaling on self-assessment

Session-2

SELF-MANAGEMENT: Skillfully manage your impulses and reactions

How to respond to triggers

Practice: SBNRR

Exercise: mindful conversation

Acceptance and self-compassion

Practice: self-compassion meditation

Practice: self-compassion journaling

Session-3

MOTIVATION: Alignment, envisioning and resilience

Alignment, engagement, flow and meaning

Exercise: alignment with values

Envisioning: visualize your goals

Exercise: Journaling on your ideal future

Resilience: recover from setbacks

Practice: resilience meditation

EMPATHY: Understand and experience others' feelings

Practice: just like me and loving kindness meditation

Session-4

Practice: mindful walking

Exercise: empathetic listening

LEADERSHIP: Integration of EI skills

Communicating with insight: conducting difficult conversations

Exercise: difficult conversations

Leading with compassion

Empathy, compassion and courage

Practice: compassion reflection

Exercise: leadership commitment

Training methods

A significant part of the course involves doing different types of exercises, like sitting and walking mindfulness meditation practices, informal mindfulness practices, journaling, and dyad and group conversations. No previous experience on meditation or mindfulness training is required.

Target group in PRBB (Senior scientists, postdocs, predocs, management/admin staff, all residents)

Senior and junior scientists, managers.

Number of participants (maximum)

16

Total course hours (Please specify: a) direct training with instructor present b) required self-study.

Note: only the direct training hours will be included in the post-course certificate.

a) 16 h (4 sessions of 4 h), plus an optional 1 h review session one month later.

b) Recommended both daily dedicated meditation and integrated mindfulness practices between sessions. At the end of the course, peer-to-peer practices are proposed to sustain and integrate learning during at least one month.

Distribution of course (hours/days)

4 sessions of 4 h each: October 16th, 23rd and 30th, and November 6th, from 14:00 to 18:00

Pre-course preparation and/or between sessions?

No preparation required. Reading of the book *Search Inside Yourself* by Chade-Meng Tan is optional.

Recommended both daily dedicated meditation and integrated mindfulness practices between sessions.

Material participants need to bring (laptops, etc...)

Bring material to write (notebook, sheets of paper, pen, pencil...) since some exercises will be written.

Avoid laptops.

Please, switch mobile phones off or to airplane mode. There will be one or two short breaks in each session.

Relevant background reading/ audiovisual/websites or other materials

Chade-Meng Tan, *Search Inside Yourself*

www.joseantonioaguilar.es

www.siyli.org