

DAIMLER

Daimler Trucks North America, in partnership with the Search Inside Yourself Leadership Institute, is proud to present



LEARNING & DEVELOPMENT  
BRAINBUILDING

# SEARCH INSIDE YOURSELF

## LEADERSHIP INSTITUTE

The unexpected path to success and happiness at work; using the tools of mindfulness and emotional intelligence.

#### DATE

November 15-16

#### LOCATION

Daimler Trucks North America  
4555 N. Channel  
Portland, OR 97217

#### LOGISTICAL DETAILS

The event will be held in the Daimler Headquarter building on Swan Island

Questions?

[LearnDTNA@Daimler.com](mailto:LearnDTNA@Daimler.com)

## BORN AT GOOGLE AND BACKED BY BRAIN SCIENCE

Search Inside Yourself (SIY) is a unique two-day workshop that was developed and refined at Google. The workshop focuses on the five key domains of emotional intelligence: self-awareness, self-regulation, motivation, empathy and social skills – with mindfulness practice, science and leadership applications fully integrated at all levels.

#### PROGRAM OVERVIEW

Search Inside Yourself is highly interactive and trains people to optimize performance, improve leadership skills and increase well-being. Each session is approximately one-third content and two-thirds skill training. Skill training includes individual, paired and group exercises consisting of attention training, active listening with verbal feedback, writing exercises and emotion regulation.

SIY helps organizations address some of their most difficult challenges:

- Building resilience in times of rapid change
- Helping leaders solve not just technical but adaptive problems, which have no clear answers
- Supporting people to thrive in a fast-paced, connected world without boundaries
- Creating an inspired workplace that supports true human development

#### SEARCH INSIDE YOURSELF'S THREE STEPS

##### Attention training

Attention is the basis of all higher cognitive and emotional abilities. Train attention to create a quality of mind that is both calm and alert. This quality of mind forms the foundation for emotional intelligence.

##### Self-knowledge and self-mastery

Use trained attention to understand cognitive and emotional processes. This knowledge provides the individual with the ability to regulate and master emotions.

##### Create useful habits and leadership skills

Develop the habits of leading with compassion and communicating with insight. These habits can be trained and can create trust that leads to highly productive collaborations.

REGISTER ONLINE:

[Discount = DaimlerBusinessNetwork](https://www.daimlerbusinessnetwork.com)

## COURSE OUTLINE

This course consists of four half-day sessions. For a detailed outline please visit [url].

### Session One (AM)

#### Introduction, Mindfulness, Emotional Intelligence, Self-awareness

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

### Session Two (PM)

#### Self-regulation and Motivation

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

## 4 WEEKS FOLLOW UP EXERCISES & CONTENT

- Sustaining and integrating the practices and benefits of Search Inside Yourself
- Partnered conversations with participants from your cohort
- An online debrief session to reunite, answer questions and provide direction forward

### Session Three (AM)

#### Motivation and Empathy

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

### Session Four (PM)

#### Empathy and Social Skills

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

## WHO SHOULD ATTEND?

This program is intended for leaders of organizations everywhere. Every company and organization needs emotionally intelligent leaders. All organizations can benefit from a more mindful and self aware workforce. This workshop is especially for those who want to support their organization's ability to build an inspiring, high-performance workplace.

## WHAT PROGRAM PARTICIPANTS WILL LEARN

- Several mental training practices, including self awareness, attention training and an introduction to emotional intelligence, that are useful in enhancing workplace skills
- Practices designed to enhance concentration and creativity, improve self-awareness and emotional process, and enhance self-confidence, optimism and empathy

## WHY HERE AT DAIMLER?

### Mission

Innovation is part of the DNA at DTNA and it is reflected in the product, culture and people. The pace of change has created a critical need for a culture that communicates well in order to ensure that we all bring our whole selves every day.

Earlier this year, a cross-functional team from DTNA evaluated this course and agreed that the course could be a game changer for our people and teams and a life changer for interested participants.

## Find Out More:

EMAIL – [LearnDTNA@Daimler.com](mailto:LearnDTNA@Daimler.com)

Or visit <https://siyli.org/>

## REGISTER ONLINE:

[Discount Code = DaimlerBusinessNetwork](#)