



1. Prepare (Pre-work)

Approximately 6 weeks before Session 1 we will send you pre-work consisting of various reading materials, a self-evaluation, journaling prompts, videos and other resources so you can begin your learning journey.

Sample Readings:

- *Search Inside Yourself, Chade-Meng Tan*
- *The Neuroscience of Mindfulness Meditation, Yi-Yuan Tang, Britta K. Hölzel and Michael I. Posner*
- *Mindfulness, The Juicy Stuff Beyond the Hype, Chade-Meng Tan*
- *What Google Learned from its Quest To Build The Perfect Team, Charles Duhigg*
- *Thich Nhat Hanh: Is mindfulness being corrupted by business and finance?, Jo Confino*
- *Satipatthana Sutta, Discourse on the Four Establishments of Mindfulness*
- *Building the Case for Mindfulness in the Workplace: An Integrative Review, D. J. Good, C. J. Lyddy, T. M. Glomb, J. E. Bono, K. Warren Brown, M. K. Duffy, R. A. Baer, J. A. Brewer, S. W. Lazar*

2. Experience (Session 1)

Focus of this session is to:

- Experience for yourself the SIY teaching style, tone and intention.
- Reflect on what is it to be an SIY Teacher. Learn and experience for yourself the Seven Principles of Teaching SIY.
- Dive deeper into the 2-day SIY Program themes (self-awareness, self-management, motivation, empathy, and leading with compassion) to experience the power of the material. This serves the dual purpose of growing as teachers, and getting a nuanced understanding of what lies behind what's taught in the program.
- Learn and practice SIY Teaching Skills: SIY Structure & Story, How to Lead Meditations, The Role of Science, The Role of Storytelling, Holding Space and Answering Questions.
- Explore your own embodiment as teachers.
- Build a strong pod that will become your community for peer-led learning and growth.

3. Learn (Fieldwork)

This 4-month period is a combination of self-study, practice teaching and peer support in small learning “pods.” At the start of each month, you will receive readings, videos, and written assignments to complete. We also provide guidance on different meditation and emotional intelligence practices to do each day to deepen your experience in these areas. Pod meetings will support you to process your content learnings and personal growth, and to support you on your journey. At the end of the Fieldwork period, you will take a test to assess your understanding of the SIY content.

Sample Readings:

Books

- *Working with Emotional Intelligence*, Daniel Goleman
- *The Embodied Mind: Cognitive Science and Human Experience*, Francisco Varela
- *The Mindful Brain*, Dan Siegel
- *Difficult Conversations*, Douglas Stone et al.

Articles

- *Emotional Intelligence: Implications for Personal, Social, Academic, and Workplace Success*, Marc A. Brackett, Susan E. Rivers, and Peter Salovey
- *How Does Mindfulness Meditation Work? Proposing Mechanisms of Action From a Conceptual and Neural Perspective*, Holzel et al.
- *Intensive Meditation Training Influences Emotional Responses to Suffering Emotion*, Rosenberg et al.
- *Vertical Development Whitepaper*, Center for Creative Leadership
- *Mindfulness Helps You Become a Better Leader*, Bill George
- *The Work of Leadership*, Ronald Heifetz & Donald Laurie
- *Empathy Versus Compassion*, Klimecki, Ricard, & Singer
- *Positive Intelligence*, Shawn Achor

Videos

- Cognitive Neuroscience of Mindfulness Meditation - Philippe Goldin
- Emotion Regulation and the Brain - Kevin Ochsner
- The Emotional Life of Your Brain - Richie Davidson
- Compassionate leadership - Jeff Weiner
- The Neuroscience of Compassion - Antoine Lutz

4. Practice (Session 2)

Session 2 is intensive teaching practice. In a small group setting, you will teach several times and get feedback from an experienced SIY teacher and your peers. The session will also include time to integrate learnings from the fieldwork period, refresh the SIY Teaching Skills, and prepare for the next module where you will be practicing to teach with a safe audience.

Leaving Session 2, you will be qualified to practice-teach SIY to “safe audiences” in order to get practice and generate materials that will be sent as part of your Certification Portfolio. This practice-teaching window is limited in time, as we encourage teachers to begin applying their learning right away.

5. Refine (Practicum Teaching)

- Teach at least twice to a safe audience.
- Have two individual coaching sessions, one after each time you teach.
- Send a recording of yourself teaching and a written reflection prior to coaching session as a way to process your experience and focus your coaching session on what is most valuable.

6. Certification

- Send a portfolio including video, assignments, and teaching feedback scores to panel for review.