

A sample of concepts in the SIY curriculum:



Self-Awareness

Learn practical methods to direct our “spotlight of attention,” the gateway to personal and emotional growth.



Self-Management

Practice in-the-moment tools to pause, reflect, and navigate challenges while staying balanced.



Emotional Resilience

Bounce back faster with a growth-oriented mindset and physiological stress management.



Communicating with Insight

Empathy is a trainable skill to enhance communication—but only by pairing it with positive mindset can we avoid burnout in relationships.



Alignment & Envisioning

Leadership requires setting a vision. SIY practices like journaling activate the “predictive brain,” enhancing our ability to vision a new direction.



Leadership Presence

Our emotional and mental states are contagious. Learn to tune in to the signals you’re broadcasting.