

Search Inside Yourself (SIY) Program

The RCSC and the Search Inside Yourself Leadership Institute (SIYLI), is exploring a project to bring mindfulness-based emotional intelligence to Bhutan civil servants. The programs teach practices and provide tools that support the flourishing of wisdom and compassion, so that individuals can create a better world, starting with themselves and from the inside out.

The SIY program began at Google over 10 years ago and has spread to more than 100 cities, providing skills training to individuals, organizations, and government agencies. SIY helps individuals to develop the practice of mindfulness in order to build emotional intelligence skills, improve focus, and to become more resilient and compassionate.

Objective of the Project

The objective of this project is to provide all Bhutanese civil servants with the tools of neuroscience-based mindfulness and emotional intelligence, through their experience and training gained by attending an SIY program.

SIY program for Executives

1. RCSC will be conducting two day SIY program for the Executives from 11-12 March, 2019. The purpose of this program is to advocate and introduce the SIY to the Executives in the civil service who in turn will recommend the potential candidates from their respective agencies for the SIY Training of Teacher program.

Nomination of Participants

1. ESMD, RCSC shall float an invitation to all the Executives in the civil service
2. The selection of the participants shall be on first cum first basis. However, if there is more number of executives representing one agency, ESMD shall limit to 3 slots for one agency.