

Search Inside Yourself (SIY) Training of Trainers Program

The Royal Civil Service Commission in collaboration with Search Inside Yourself Leadership Institute (SIYLI), USA has completed the first session of Search Inside Yourself Teacher of Training from 19th to 23rd August, 2019.



There were 99 participants from the Civil Service, Royal University of Bhutan, KGUMSB, Public Sector, Private educational and training institutes.





The objective of SIY program is to help individuals to develop the practice of mindfulness in order to build emotional intelligence, improve focus and to become more resilient and compassionate. The program will make mindfulness and emotional intelligence practical and accessible, which can be applied both at work and in life.

The program will continue with the field works for four months and the final session will be held on January, 2020. This group who are being trained as teachers to teach SIY, will be engaged to reach to other in civil service and public servants.