

Search Inside Yourself Training of Trainers

The Royal Civil Service Commission in collaboration with Search Inside Yourself Leadership Institute (SIYLI), USA is organizing the ‘Search Inside Yourself Training of Trainers’ from 19th till 23rd August, 2019.

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 resilient and compassionate. The program will make mindfulness and emotional intelligence practical and accessible, which can be applied both at work and in life. We want the participants to experience a transformative journey that will lead to understand themselves and others, acting deliberately and with empathy.



The 104 SIY Teachers-In-Training are largely from the Civil Service. We also have participants from Royal University of Bhutan, Khesar Gyalpo University of Medical Sciences of Bhutan, Public Sector, Private educational and training institutes and private individuals. This group of

trainees upon successful completion will be certified as SIY Teachers in Bhutan and will then cascade the skills further to the rest of the Civil Service from January 2020.

Under the MoU with SIYLI signed in March, 2019 in addition to the current training, 25 executives were trained in March this year. Furthermore, 126 of teachers have also been trained as trainers and have imparted these trainings to over 10,000 teachers during the schools’ mid-year break. The response and feedback on this program have been extremely encouraging.

This is in line with one of RCSC’s area of focus i.e. building soft skills in the Civil Service especially for our supervisors, managers and executives. Skilling our Civil Servants with mindfulness and emotional intelligence will benefit them to grow as individuals, help them to focus, be more resilient while at the same time do their jobs with compassion, empathy and strengthen their sense of service to the nation and fellow citizens. It is also expected to build a mindfulness community in which all people feel connected and act with compassion, which will contribute in our aspiration to make Bhutan GNH Society.

RCSC would like to thank SIYLI, USA for their generous support for this program in Bhutan especially their technical expertise and resources which has seen great success worldwide.