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.