

# Functional Mindfulness Training

*By Mark Fingerman*

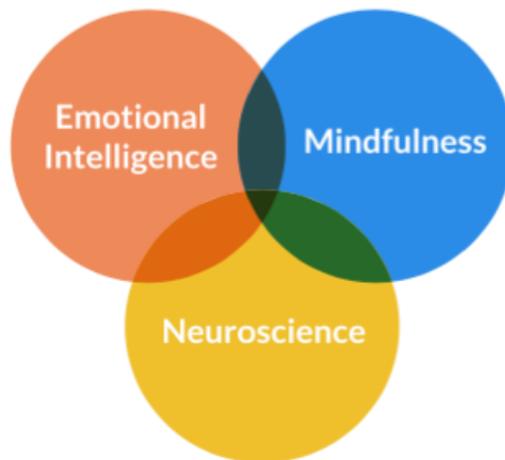
**To help people in organizations bring out the best in themselves, from the inside out.**

*Based on the platform developed by Search Inside Yourself Leadership Institute (“SIYLI”) that was born at Google, this training bridges age-old mindfulness practices with emotional intelligence and modern neuroscience.*

**Emotional Intelligence.** Workplace studies show that having strong emotional competencies predict employee performance, leadership effectiveness and well-being.

**Mindfulness.** Research shows that mindfulness is a foundational skill that underpins personal growth, self-awareness, self-management, and emotional skills.

**Neuroscience.** Neuroscience shows that how we direct our attention determines the mental habits we form, the emotions we develop and the results we experience.



## Benefits

- Improve communication and collaboration skills
- Develop outstanding leadership
- Increase creativity and innovation
- Reduce stress and experience greater overall well-being

## What's Unique About This Training

- Based on the SIYLI training platform created by thought-leaders in mindfulness, emotional intelligence and neuroscience developed and tested within Google and refined in SIYLI trainings around the world.
- Makes deep and complex concepts highly practical and accessible.
- Emphasizes application to the challenges of daily work.
- Taught by a former trial lawyer turned mediator, yoga + meditation and mindfulness teacher, with 25+ years of experience in the business and professional services worlds, trained by SIYLI.

This training teaches participants to navigate opportunities and challenges with more resilience, engagement and happiness.

It's about living, working and leading fully.

## Training Options

**Introduction to Functional Mindfulness** is a 1 to 1.5 hour interactive presentation introducing: mindfulness; 3 basic mindfulness practices; 2 basic breathing practices; science showing how mindfulness practice can change brain structure; and the benefits of mindfulness-based emotional intelligence.

**8 Part Program on Functional Mindfulness** is interactive and experiential, focusing on the practice of meditation, mindful breathing, mindful communication, empathy, resilience, and self-awareness. Each part is 1 to 1.5 hours, structured to meet the needs of your organization. Learning Goals:

- Understand and experience why emotional intelligence matters and its benefits to yourself and others.
- Understand that emotional intelligence consists of a series of skills that are trainable.
- Understand how the brain works in matters of emotional intelligence and mindfulness to gain insight into how different practices work.

- Learn mindfulness breathing and meditation as a basis for daily mindfulness practices.
- Learn mindful communication and listening skills that can help you support others and build healthy relationships, team and organizational dynamics.
- Learn resilience practices that promote well-being and the ability to bounce back from the stresses of work and life.

**Wisdom Circles** are 1 to 2 hour sessions to reinforce and extend the training established by the 8 Part Program, ideally conducted at regular intervals such as monthly, bimonthly or quarterly. T T E E E D R P U H I I

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**Target audience:** Employees, staff, managers and senior leaders. When broadly based, the training provides a platform to instill an organization-wide culture of mindfulness-based emotional intelligence.

**Cost range:** Introduction /\$500 - \$750; 8 Part Program/ \$1,000 - \$1,500 per Part; Wisdom Circles/\$1,000 - \$1,500 per session. Scalable depending on the organization's factors and needs.

## About the Teacher, Mark Fingerman

- Mindfulness-based Emotional Intelligence Teacher Training, by Search Inside Yourself Leadership Institute (Google offshoot), 2016
- Yoga Teacher, certified by Yoga Alliance and Max Strom 2010. Teaching yoga + meditation classes since 2010.
- Advanced Meditation Teacher Training, Dr. Lorin Roche, 2015
- Meditation Teacher at Unplug Meditation, Los Angeles, since 2015
- LL.M (Master at Laws) Alternative Dispute Resolution, Straus Institute at Pepperdine Law School, 2011
- JD, California Western School of Law, 1981
- BA (Philosophy), UCSD, 1979
- Mediator, ADR Services, since 2012
- Trial Lawyer (retired), 25 + years

## Questions?

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