



After the Program

The following post-program resources are designed to help you stay connected to the work and each other.

Listening

Experiment by listening with interest and curiosity. Practice looping (feeding back what you've heard) and dipping (noticing what you are feeling.)

Check In

Check in regularly with your thinking, your feelings and your heart.

Notice

Notice yours and others need for autonomy, mastery, and purpose.
How can you set up the conditions for people who work with you and for you to develop autonomy, mastery, and purpose?

Lead with Compassion

How can you help others, motivate others, optimize others?

Communicate with Insight

Practice presence, clarity, and credibility.
Check in to make sure what you said was understood clearly by others.

Achievement Drive and Humility

Bring attention to your drive to achieve and excel at work, and also the amount of humility you bring when working with others.

Experiment with practicing both achievement drive (getting the right things done) and humility (it's not about you.)

Mindfulness meditation

Explore establishing a daily mindfulness meditation practice.

Start with a few minutes a day and gradually work up to 20 minutes a day.

Bring mindfulness into daily routines– while walking, driving, cooking, washing hands, writing, in meetings. Paying attention in the present moment non-judgmentally.

Explore Journal Writing

Try these prompts (or make up your own):

What I am feeling is ...

My strengths are ...

My weaknesses are ...

What brings me joy is ...

In my heart of hearts I

Resources

Books

[*Search Inside Yourself*, by Chade-Meng Tan](#)

[*Working with Emotional Intelligence*, by Daniel Goleman](#)

[*Your Brain At Work*, by David Rock](#)

[*Less: Accomplishing More by Doing Less*, by Marc Lesser](#)

[*Know Yourself, Forget Yourself*, by Marc Lesser](#)

[*Drive*, by Daniel Pink](#)

[*The Emotional Life of Your Brain*, Richard J. Davidson](#)

[*Your Brain and Business: The Neuroscience of Great Leaders*, Srinivasan S. Pillay](#)

[*The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body*, Les Fehmi and Jim Robbins](#)

[*Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others*, Maria Gonzalez](#)

Apps to Support Mindfulness Meditation

[Headspace](#)

[Buddhify](#)

[Insight Meditation Timer](#)

Videos

SIYLI website course videos: <http://www.siyli.org/take-the-course/siy-curriculum/>

SIYLI website supporting videos: <http://www.siyli.org/learn-more/videos/>

Meng Ted talk: <http://www.chademeng.com/tedtalk.html>

Daniel Pink: http://www.ted.com/talks/dan_pink_on_motivation.html

Workshops

Look for other SIYLI programs at siyli.org

Community: Learn More and Stay Connected!

Don't let the course fade away. Join the conversation and stay connected with other SIY enthusiasts on our [LinkedIn group](#)! It's a great place to ask questions and network with other like-minded individuals.

For more ongoing content and training, like us on [Facebook](#) or follow us on [Twitter](#). We post new content, videos and articles on a regular basis.

We also post new content to our [blog](#) on a bi-monthly basis. [Take a look](#) to learn more about meditation, mindfulness and leadership.