



organisational
mindfulness
institute



Executive Mindfulness Leadership Programme

The Mindfulness Leadership Programme operationalises mindful performance in a world where **uncertainty is the new normal**, strengthening executive decision-making, stabilising performance under pressure, and reducing leadership fatigue.



STATISTICS

- 12 billion workdays are lost each year to stress, depression and anxiety, draining US\$1 trillion in productivity.
- Across advanced economies, mental ill-health consumes 4% of GDP in lost output and costs.
- Executives under chronic pressure are twice as likely to burn out and nearly 50% more likely to consider leaving.



KEY FINDINGS

- Performance is human energy, not just strategy. Stress at the top cascades down into disengagement and attrition.
- Psychological safety is the strongest predictor of executive team performance; without it, innovation and trust collapse.
- Mindfulness training cuts burnout and sharpens resilience, enabling leaders to make clearer, calmer, more effective decisions.



TRENDS

- Human sustainability is now a boardroom agenda; wellbeing is tied to investor confidence and employer reputation.
- Hybrid and flexible models are reshaping retention; well-designed work reduces attrition by one-third.
- Employees expect wellbeing as standard. Wellbeing is no longer a perk; it's a decisive factor in talent choice.



DESCRIPTION

This intensive Henley Business School accredited programme is designed for Executives & Senior Managers at the frontline of Organisational change, whether navigating post-merger integration, managing hybrid teams across geographies, or leading critical transformation projects. Acting as the “shock absorbers” of the business, these executives face relentless demands to deliver stability amid uncertainty.

Through a blend of systems thinking, embodied awareness and applied leadership practice, participants develop the composure, resilience and influence required to hold uncertainty without transmitting it to their teams.



TARGET AUDIENCE

This programme is tailored for senior-level managers who operate at the frontline of Organisational transformation. It speaks to those navigating mergers, restructures, or hybrid team dynamics, as well as leaders tasked with turning shifting strategies into concrete results.

These are managers who must provide stability, clarity and resilience for their teams while leading effectively through turbulence and constant change.



WHAT YOU WILL LEARN

- ✓ Regulate emotional responses to remain composed under pressure.
- ✓ Communicate with clarity and deliver feedback that builds trust.
- ✓ Prioritise effectively when demands compete, and timelines shrink.
- ✓ Set and maintain boundaries to prevent overload and drift.
- ✓ Adapt quickly to shifting strategies and changing conditions.
- ✓ Lead teams with stability and confidence during periods of turbulence.

Day 1: MIND

Segment 1: Understanding the Executive Mind

- Intro to executive mindfulness
- Awareness vs Autopilot
- Leadership Mindsets
- Recognising Blind Spots
- Developing Self-Awareness

Segment 2: Thinking Clearly Under Pressure

- Strategic Thinking
- Decision-Making in Uncertainty
- Cognitive Biases
- Mental Clarity Under Pressure

Segment 3: Focus, Presence & Executive Influence

- Executive Presence
- Deep Listening
- Focus & Attention Management
- Mindful Communication

Featured Activities

- Leadership Self-Assessment
- Executive Decision Simulation
- Mindful Listening Practice

Day 2: BODY

Segment 1: Understanding Your Wellness Profile

- Executive Wellness Assessment
- Physical Wellbeing & Leadership Performance
- Energy, Stress & Recovery
- Personal Wellness Insights

Segment 2: Nutrition & Movement for Peak Performance

- Nutrition for Cognitive Performance
- Movement as a Leadership Habit
- Building Sustainable Health Behaviours
- Optimising Daily Energy

Segment 3: Sleep, Recovery & Resilience

- Sleep Hygiene for Leaders
- Managing Fatigue & Burnout
- Recovery as a Performance Strategy
- Creating Sustainable Wellness Rituals

Featured Activities

- Executive Wellness Assessment
- Personal Wellness Scorecard
- Energy Mapping Exercise
- BMI Assessment

Day 3 : HEART

Segment 1: Emotional Intelligence for Leaders

- Self-Awareness & Emotional Agility
- Understanding Emotional Triggers
- Empathy & Compassionate Leadership
- Leading with Emotional Intelligence

Segment 2: Building Trust & Psychological Safety

- Creating Trust Within Teams
- Psychological Safety & Performance
- Encouraging Open Dialogue
- Fostering a Culture of Belonging

Segment 3: Courageous Conversations & Meaningful Relationships

- Difficult Conversations with Confidence
- Feedback that Builds Growth
- Managing Conflict Constructively
- Strengthening Human Connection

Featured Activities

- Emotional Intelligence Assessment
- Psychological Safety Exercise
- Leadership Conversation Role Play

Day 4 : SOUL

Segment 1: Discovering Your Leadership Values

- Identifying Core Values
- Values as a Leadership Compass
- Authentic Leadership
- Leading with Integrity

Segment 2: Aligning Values & Leadership Behaviour

- Values in Action
- Making Values-Based Decisions
- Navigating Values Conflicts
- Building Trust Through Consistency

Segment 3: Leading with Purpose & Meaning

- Purpose-Driven Leadership
- Creating Meaningful Impact
- Defining Your Leadership Legacy
- Inspiring Others Through Values

Featured Activities

- Personal Values Assessment
- Leadership Mandala Reflection

Day 5: INTEGRATION

Segment 1: The Whole Leader Integrating Mind, Body, Heart & Soul

- Understanding Leadership Strengths & Blind Spots
- Balancing Performance & Wellbeing
- Sustainable Leadership Excellence

Segment 2: Leading Teams & Culture Mindfully

- Creating Thriving Team Cultures
- Embedding Wellbeing into Leadership
- Modelling Mindful Leadership Behaviours
- Leading Through Influence & Example

Segment 3: Leadership Vision & Commitment

- Defining Your Leadership Philosophy
- Personal Leadership Commitments
- Building Your Leadership Action Plan
- Sustaining Growth Beyond the Programme

Accredited by:

Executive Mindfulness Leadership Programme

LOCATION

This programme will take place the Henley Business School's Greenlands Campus at the UK.

- **Face – to –Face**
- Henley Greenlands campus, UK





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