

List of 10 EMBA Modules

1. Mindfulness Foundations for Leaders

Focus: Presence, emotional regulation, mindful decision-making, leadership clarity.

2. Emotional Intelligence & Self-Mastery

Focus: Self-awareness, self-regulation, empathy, behavioural control.

3. Strategic Thinking & Decision Science

Focus: Structured decision-making, scenario planning, cognitive bias awareness.

4. Mindful Leadership & Organisational Culture

Focus: Conscious leadership, psychological safety, behaviour modelling.

5. Organisational Behaviour & People Management

Focus: Motivation, team dynamics, conflict resolution, performance management.

6. Ethical Leadership & Governance

Focus: Integrity, corporate governance, ethical decision-making, stakeholder trust.

7. Business Innovation & Digital Transformation

Focus: Innovation frameworks, digital maturity, transformation roadmaps.

8. Strategic Marketing & Brand Psychology

Focus: Consumer behaviour, emotional branding, positioning, CX strategy.

9. Financial Intelligence for Leaders

Focus: Financial statements, ratios, investment decisions, cost & profitability analysis.

10. Executive Capstone Project

Focus: Applied strategic project solving a real organisational challenge.

Programme Owner / Training Provider

- Mindfulness Academy PLT

Programme Title: Executive Master in Business Administration (EMBA)

- Duration: 1 Year
- Total Learning Hours: 300
- Delivery Mode: Blended

Programme Learning Outcomes

- Demonstrate advanced knowledge
- Integrate mindfulness

Entry Requirements

- Any Bachelor qualification + 1 year of working experience OR
- Any Diploma + minimum 3 years of working experience OR
- SPM/Equivalent + minimum 10 years of working experience

Programme Structure

- 10 Modules assignment (100% assignment)



MINDFULNESS
ACADEMY PLT

Executive Master in Business Administration (EMBA)

(Recognised by Ministry of Human
Resource of Malaysia via HRDCorp)



Contact Us

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TUITION FEES :

~~RM15,000.00~~ RM10,000.00

OPTIONS:

LUMP SUM: RM7,500.00 (upon further discount of RM2,500.00)

OR

INSTALMENT: RM1,000 X 10 months

