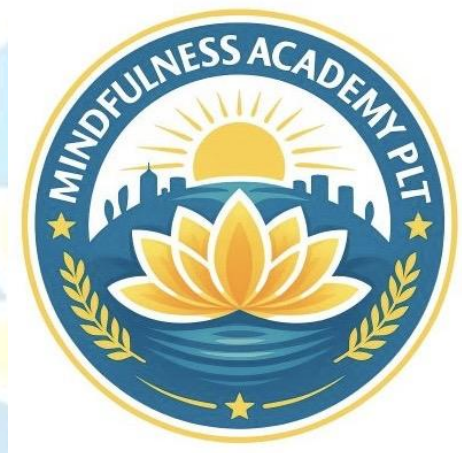


MINDFULNESS ACADEMY PLT

Executive Doctorate in Business Administration (EDBA)

PROGRAM OVERVIEW

2026



Accredited By:



Executive Doctorate in Business Administration (EDBA)

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

SUMMARY

Programme Information

- Programme Title: Executive Doctorate in Business Administration (EDBA)
- Duration: 1-3 Years
- Total Learning Hours: 1870
- Delivery Mode: Blended

Programme Rationale

- Malaysia requires mindful leaders

Programme Learning Outcomes

1. Demonstrate advanced knowledge
2. Integrate mindfulness

Entry Requirements

- Any Master qualification + 5 yrs of working experience **OR**
- Any Bachelor qualification + 8 yrs of working experience **OR**
- Any Diploma + minimum 12 years senior experience with portfolio

Programme Structure

- 15 Modules assignment **AND**
- 60,000 words final thesis



SECTION 1: PROGRAMME INFORMATION

1.1 Programme Title

Executive Doctorate in Business Administration (EDBA)

1.2 Programme Owner / Training Provider

Mindfulness Academy PLT
(Registered HRDCorp Training Provider)

1.3 Programme Duration

1 – 3 Years
(Minimum 12 months, maximum 36 months)

1.4 Total Learning Hours (TLH)

Complete breakdown:

Component	Hours
Coursework (15 units × 30 hours)	450 hours
Supervision Meetings (12 times)	60 hours
Independent Study & Thesis	1,350 hours
Final Thesis Presentation	10 hours
TOTAL	1,870 hours

HRDCorp requirement is minimum 5 SLH daily. This programme exceeds requirements with blended, structured learning hours.

1.5 Delivery Mode

- ✓ Blended Learning (Online + Physical)
- ✓ Workshops / Seminars
- ✓ Guided Supervision
- ✓ Independent Research
- ✓ Final Thesis Presentation

SECTION 2: PROGRAMME RATIONALE

Malaysia requires a new generation of mindful leaders equipped with:

- Advanced strategic decision-making abilities
- High emotional intelligence
- Research-driven problem-solving skills
- Digital and AI readiness
- Ethical leadership
- Organisational transformation capabilities

The EDBA equips senior executives, business owners, policymakers, and industry leaders with the ability to solve real organisational problems using applied research.

This programme supports:

- National Talent Development Goals
- Industry 4.0 and 5.0 transformation
- Leadership capacity-building
- Organisational resilience
- HRDCorp's critical future skills requirements

SECTION 3: PROGRAMME LEARNING OUTCOMES (PLOs)

After completing the EDBA, graduates will be able to:

Knowledge

- Demonstrate advanced theoretical and applied knowledge in business administration.
- Integrate mindfulness, emotional intelligence, and behavioural science into leadership.

Cognitive Skills

- Analyse complex organisational problems using research frameworks.
- Develop innovative solutions based on empirical evidence.

Interpersonal & Leadership Skills

- Demonstrate conscious leadership, executive presence, and ethical judgment.
- Communicate effectively with stakeholders, boards, and research communities.

Professional Values

- Uphold academic integrity, ethical research, and responsible leadership.

SECTION 4: ENTRY REQUIREMENTS

4.1 Standard Entry

Master's degree (MBA, Executive Masters)

Minimum 5 years managerial or leadership experience

4.2 Professional Entry

Bachelor's degree + minimum 8 years senior experience **OR**

Diploma + minimum 12 years senior experience with portfolio

SECTION 5: PROGRAMME STRUCTURE

5.1 Coursework

15 modules × 4,000–6,000-word assignments.

5.2 Final Thesis

Minimum **60,000 words**

Must include 5 chapters:

1. Introduction
2. Literature Review
3. Methodology
4. Findings & Discussion
5. Conclusion & Recommendations

5.3 Supervision

- Assigned EDBA Supervisor
- Minimum 12 structured sessions
- Supervision log required

5.4 Final Thesis Presentation

Three-member panel