

MINDFULNESS ACADEMY PLT

Executive Master in Business Administration (EMBA)

PROGRAM OVERVIEW

2026



Accredited By:



Executive Master in Business Administration (EMBA)

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

SUMMARY

Programme Information

- Programme Title: Executive Master in Business Administration (EMBA)
- Duration: 1 Year
- Total Learning Hours: 300
- Delivery Mode: Blended

Programme Rationale

- Malaysia requires mindful leaders

Programme Learning Outcomes

1. Demonstrate advanced knowledge
2. 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 (100% assignment)
1. Mindfulness Foundations for Leaders
 2. Emotional Intelligence & Self-Mastery
 3. Strategic Thinking & Decision Science
 4. Mindful Leadership & Organisational Culture
 5. Organisational Behaviour & People Management
 6. Ethical Leadership & Governance
 7. Business Innovation & Digital Transformation
 8. Strategic Marketing & Brand Psychology
 9. Financial Intelligence for Leaders
 10. Executive Capstone Project

SECTION 1: PROGRAMME INFORMATION

1.1 Programme Title

Executive Master in Business Administration (EMBA)

1.2 Programme Owner / Training Provider

Mindfulness Academy PLT
(Registered HRDCorp Training Provider)

1.3 Programme Duration

1 Year

1.4 Total Learning Hours (TLH)

Complete breakdown:

Component	Hours
Coursework (10 units × 30 hours)	300 hours
TOTAL	300 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 EMBA 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 EMBA, 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

Bachelor Degree (Any 3-years degree, Executive Degree)
Minimum 1 year managerial or leadership experience

4.2 Professional Entry

Any Diploma + minimum 3 years of working experience **OR**
SPM/Equivalent + minimum 10 years of working experience

SECTION 5: PROGRAMME STRUCTURE

5.1 Coursework

10 modules × 2,000–3,000-word assignments.

5.2 Supervision

- Assigned EMBA Supervisor
- Minimum 10 structured sessions
- Supervision log required

