

## 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

+60125353401

Praoffice888@gmail.com



## 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



## List of 15 EDBA Modules

1. Mindfulness, Emotional Intelligence & Decision-Making
2. Conscious Leadership & Executive Presence
3. Cognitive Bias, Behavioural Strategy & Decision Psychology
4. Stress Intelligence, Burnout Prevention & Executive Wellness
5. Advanced Strategic Management & Organisational Design
6. Corporate Governance, Ethics & ESG Leadership
7. Digital Transformation, AI Strategy & Innovation
8. Financial Intelligence for Executive Decision-Making
9. Change Management & Organisational Culture Transformation
10. Global Economics, Competitiveness & Future Markets
11. Research Methodology (Quantitative & Qualitative)
12. Strategic Negotiation & High-Stakes Decision-Making
13. Case Study Development & Problem Solving
14. Business Innovation, Design Thinking & Digital Value
15. Corporate Risk Management & Crisis Leadership

### Programme Owner / Training Provider

- Mindfulness Academy PLT

### Programme Title: Executive Doctorate in Business Administration (EDBA)

- Duration: 1 – 3 Years
- Total Learning Hours: 1870 hours
- Delivery Mode: Blended

### Programme Learning Outcomes

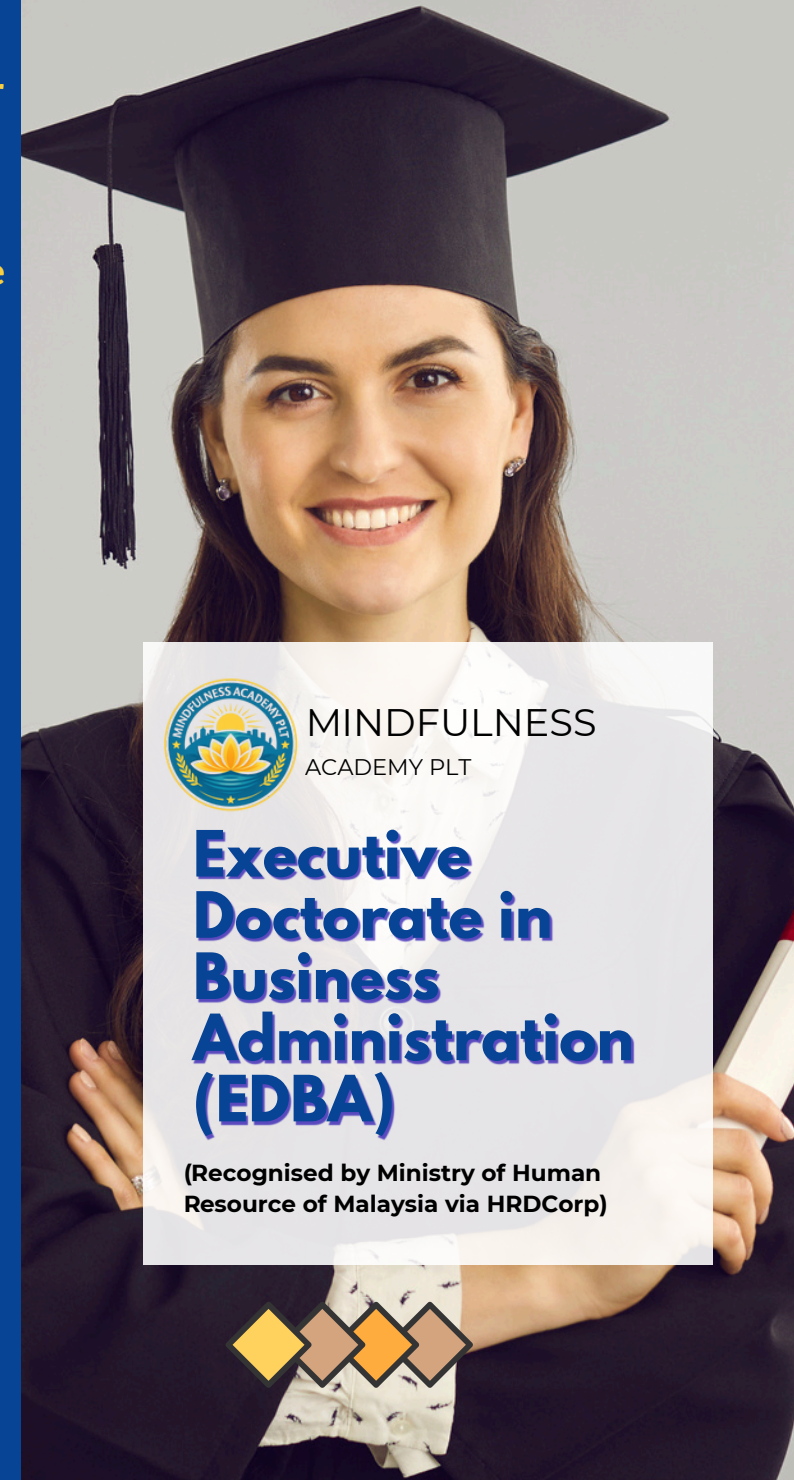
1. Demonstrate advanced knowledge
2. Integrate mindfulness

### 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





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## TUITION FEES :

~~RM20,000.00~~ RM15,000.00

## OPTIONS:

LUMP SUM: RM12,500.00 (upon further discount of RM2,500.00)

OR

INSTALMENT: RM1,500 X 10 months

