



MINDFULNESS BASED LEADERSHIP PROGRAM

Date: February 25-27, 2026

Location: IIM Indore Campus

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Overview

Being a leader has never been so challenging as in the current era, with multiple roles the need to attend to various assignments and lead diverse teams is inevitable. This constant exposure to high stress scenarios adversely impacts the efficiency of a leader. This mindfulness-based leadership program will provide you with an opportunity to learn the science and practices to be more present with each task in hand, every conversation you have, and decisions you make. In the process, you'll gain mental clarity and inner strength to be an impactful leader.

Objectives

- Understand the essentials of mindfulness-based leadership
- Explore ways to apply mindfulness in conflict resolution and decision making
- Developing resilience, managing stress, and enhancing wellbeing
- Build your practical toolkit that helps you lead with presence
- Work on an action plan to apply your key take-aways from the program

Content

- Reflective activities and guided meditations
- Science and practice of Yoga
- PERMA model of well-being at work
- Strengths perspective – discover, develop, leverage
- Positive emotions at work – broaden and build model
- Thriving at work – organizational and individual practices
- Building high-quality connections
- Nature connectedness and well-being
- Integrate and implement these practices



Target audience

Mid- and senior-level leaders seeking to develop a high-performing workplace marked by highly engaged and thriving employees. Participants explore the program content with a combination of action-learning experiences, reflections, interactive lectures, team exercises, and case examples.

Fee

The fee for the programme is Rs. 54,000/-* per participant (Includes course material, room on twin sharing basis and board expenses) GST, as applicable, will be additional.

Discount

An organisation sponsoring five or more participants to an MDP will be entitled to a group discount of 10% on the total fee payable provided that at least five participants actually attend the programme. If the actual participation is less than 5, refund may be made after deducting the full fee of actual number of participants who attend the training programme. The group discount would be applicable only to short duration programmes of up to 20 days.

Accommodation

Participants opting for accommodation at Indore will be provided room on twin sharing basis, in furnished air-conditioned rooms. Accommodation is on twin sharing basis from noon of day before the first day to noon of the day after the last day of the programme. In case a participant desires accommodation on single occupancy basis, the same may be provided on request, on first-come first-served basis, subject to availability and applicable accommodation charges.

Status of IIMI Alumni for Executive Education Programmes

The participant who completes the programme successfully will be eligible for the Executive Education Alumni status of IIM Indore. The participant is required to apply separately along with the necessary fee of Rs.1,000/- + GST @18% per person (for two years) and Rs. 10,000/- + GST @18% per person (for Lifetime) to register his name with IIM Indore Executive Education Alumni.

Benefits of IIM Indore's Alumni include

- a) Subscription to the brochures and newsletters from IIM Indore
- b) Access to the IIM Indore Campus Library (on-site access only)
- c) Official email ID of the institute

The Executive Education Alumni status will be available on request and participants will be required to follow the documentation process set-up by the Alumni office. Mere successful completion of the programme, application submission, and fee does not entitle a participant to be eligible for executive education alumni status. IIM Indore reserves the right to confer executive education alumni status.

IIM Indore reserves the right to modify the above conditions at its discretion at any time without notice. Only the courts at Indore will have the territorial jurisdiction to try any disputes arising in respect of the Executive Alumni membership being granted.

Registration

Participants are generally to be sponsored by organizations. However, application by Individuals may also be accepted. A formal communication regarding the acceptance of nomination/application will be sent to nominees prior to commencement of the programme. Nomination form(s) and programme fee through Electronic Fund Transfer must reach the MDP Office 15 days prior to commencement of the programme.

Contact details of the programme coordinator

Prof. Raina Chhajjer
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About IIM Indore

Indian Institute of Management Indore (IIM-I) is an autonomous public business school located in Indore, Madhya Pradesh, India. IIM Indore has received the prestigious Triple Crown accreditations - first from the Association of MBAs, AMBA in 2016 (a UK-based accreditation agency), second from the AACSB in 2019, and third from the EFMD Quality Improvement System (EQUIS), the globally recognized international organization for management development, in December 2019. IIM Indore is the second IIM in India to receive these triple accreditations.

National and International Rankings

IIM Indore, due to its consistent efforts in improving academic standards and achieving academic excellence in all its programmes, has achieved commendable rankings by various National and International ranking agencies. Presently, IIM Indore is ranked 8th in the NIRF ranking (a Ministry of HRD, Government of India initiative), 61st globally in the Executive Education (Open) programmes and 85th globally in the Executive Education (Customized) programmes in the FT Ranking and 25th rank (Asia) in QS World Rankings for our global MBA



सिद्धिपूर्व प्रबन्धनम्
भा. प्र. सं. इन्दौर
IIM INDORE

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