
Advanced High-Performance Leadership Programme

30 November – 4 December 2026
London - Premier Inn Victorya





Advanced High-Performance Leadership Programme

Ref: 1003_210 **Date:** 30 November – 4 December 2026 **Location:** London - Premier Inn Victoria **Fees:** 4300 GBP

Programme Summary

Seasoned directors often reach an inflection point where conventional management tools no longer yield incremental impact. The Advanced High-Performance Leadership masterclass focuses on expanding executive capacity through diagnostic profiling, cognitive stamina optimisation, and structured energy management protocols. Participants examine the physiological and psychological mechanisms that underpin sustained peak execution, isolating operational blind spots and establishing disciplined recovery rhythms under compounding accountability. This executive development pathway is delivered by Mars Training Centre UK.

The Business Case

Enterprise performance falters when executive personnel plateau or deplete cognitive reserves during prolonged periods of high-stakes scrutiny. Elevating executive capacity directly safeguards strategic execution, accelerates organizational velocity, and prevents functional exhaustion across governance hierarchies.

- **Executive Capacity:** Expands discretionary cognitive bandwidth to navigate enterprise ambiguity without operational degradation.
- **Decisional Precision:** Mitigates cognitive fatigue during protracted negotiations and boardroom deliberations.
- **Stamina Preservation:** Embeds structured recovery protocols that prevent executive burnout across business cycles.
- **Enterprise Impact:** Establishes a rigorous behavioural benchmark that elevates execution standards across reporting divisions.

Principles and Evidence Base

- **Loehr and Schwartz Performance Pyramid:** Informs the integration of physical, emotional, mental, and purposeful energy dimensions to maintain sustained peak execution.
- **Kegan Adult Development Theory:** Underpins executive self-authoring capacity, enabling directors to operate beyond organizational consensus and internalised constraints.
- **Allcott and Mullainathan Cognitive Bandwidth Model:** Directs methods for reducing executive cognitive load and decision fatigue in complex operating environments.



Intended Participants

- Executive directors and vice presidents seeking to expand their operational capacity.
- Divisional heads and business unit chiefs managing high-consequence enterprise portfolios.
- General managers preparing for enterprise-level governance and committee appointments.
- Seasoned functional directors looking to overcome executive plateaus and sustain strategic stamina.

Eligible candidates possess substantial executive experience and oversee strategic portfolios across banking, infrastructure, energy, pharmaceuticals, and manufacturing.

Learning Outcomes

1. Participants will be able to evaluate executive performance profiles against validated diagnostic benchmarking models.
2. Participants will be able to implement disciplined energy management protocols across cognitive, emotional, and physical dimensions.
3. Participants will be able to identify and dismantle behavioural micro-habits that limit executive diagnostic profiling.
4. Participants will be able to maintain cognitive stamina optimisation during sustained organisational disruption.
5. Participants will be able to apply recovery rhythms that sustain long-term strategic stamina.
6. Participants will be able to structure an executive performance blueprint targeting institutional impact.

Programme Structure

Day 1: Executive Diagnostic Profiling and Capacity Benchmarking

How do experienced executives audit operational bottlenecks and establish an accurate baseline of professional performance?

- Executive diagnostic profiling frameworks and behavioural baseline auditing
- Deconstructing the executive plateau: psychological and systemic friction points
- Adult development stages and self-authoring governance frameworks
- Identifying micro-habits that erode cognitive bandwidth and operational focus
- Formulating individual diagnostic baselines for the masterclass

Day 2: Cognitive Stamina Optimisation and Bandwidth Protection

How do enterprise directors preserve analytical clarity and eliminate decision fatigue under relentless scrutiny?

- Cognitive stamina optimisation routines for high-velocity environments
- Decision fatigue mitigation strategies and cognitive load offloading
- Deep work structuring and executive attention shielding mechanisms
- Strategic focus calibration across competing enterprise priorities



- Designing defensive boundary architectures for cognitive preservation

Day 3: Energy Management Protocols and Recovery Rhythms

How is physiological and psychological energy systematically replenished to prevent performance drop-off?

- Energy management protocols grounded in the performance pyramid framework
- Oscillation dynamics: balancing acute exertion with systematic recovery
- Circadian optimization and executive sleep hygiene disciplines
- Emotional regulation and stress adaptation mechanisms under scrutiny
- Constructing operational recovery rhythms within intensive corporate schedules

Day 4: Executive Gravitas and High-Stakes Impact Calibration

How is heightened executive capacity projected across institutional stakeholders without creating operational friction?

- Translating individual performance capacity into organisational execution
- Calibrating tone, stance, and interventions during critical governance forums
- Overcoming organizational resistance through disciplined personal alignment
- Diagnosing dysfunctional executive dynamics and maintaining internal composure
- Executing non-reactive operational governance during market volatility

Day 5: Sustained Peak Execution and the Performance Blueprint

How do directors institutionalise elite execution standards into sustainable daily operating routines?

- Sustained peak execution metrics and self-coaching diagnostic routines
- Establishing continuous operational feedback loops across the executive suite
- Mitigating post-programme performance regression through structured accountability
- Stress-testing the individual executive performance blueprint
- Presenting final strategic performance architectures for enterprise application

Methodology

Delivery is structured around intensive executive diagnostics, case investigations, and structured self-benchmarking exercises. Participants engage in peer challenge sessions, diagnostic self-audits, and personal capacity mapping to stress-test their operational disciplines.

- Suggested activity: Conducting an executive diagnostic profiling audit to isolate individual micro-habits that deplete cognitive bandwidth.
- Suggested activity: Mapping a weekly energy allocation protocol to test the integration of deliberate recovery rhythms.
- Suggested activity: Stress-testing an executive response simulation to evaluate decision composure during severe stakeholder friction.



Capstone Output

Each delegate finalises a comprehensive Executive Performance Blueprint detailing their baseline diagnostic audit, structured energy management protocols, cognitive preservation boundaries, and operational recovery rhythms. This actionable portfolio equips delegates to sustain elevated output upon resuming enterprise accountabilities.

Frequently Asked Questions

How does this curriculum differ from foundational executive development courses?

This masterclass bypasses basic management techniques, focusing exclusively on personal capacity expansion, physiological and cognitive energy calibration, and diagnostic self-auditing for experienced executives.

What diagnostics are administered during the sessions?

Delegates utilise peer-reviewed self-audits and behavioural benchmarking frameworks focused on cognitive load tolerance, energy recovery efficiency, and decision stamina.

How are confidential performance blind spots addressed during peer interactions?

Peer dialogues are structured around governed analytical exercises, ensuring strategic discussions focus on frameworks and operational architecture while safeguarding individual proprietary data.

Can the energy management protocols be adapted to demanding travel schedules?

Yes. The frameworks are specifically configured for mobile executives managing cross-border responsibilities, irregular operational demands, and continuous high-stakes commitments.