
Mindfulness and Stress Management for Executives

25 – 29 January 2027
Tokyo





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Mindfulness and Stress Management for Executives is a five-day evidence-based course delivered by Mars Training Centre at international venues from London and Vienna to Dubai, Bali and Cape Town — designed for directors, vice presidents and senior leaders who carry sustained executive pressure and want a credible, professional approach to resilience.

Stress at executive level is structural. The volume of decisions, the breadth of stakeholders, the asymmetry of risk and the long hours create a working environment that the human nervous system did not evolve to handle for twenty or thirty years in a row. The leaders who sustain performance over time are not the ones who deny the pressure or treat it as a badge of honour; they are the ones who have built professional habits — attention, recovery, sleep, exercise and the management of their own internal state — that allow them to keep performing without breaking. Mindfulness, taught well, is one of the most evidence-supported of those professional habits.

Across five focused days you will work through the evidence base for mindfulness and stress management at executive level, learn validated practices from the MBSR and MBCT frameworks, examine the physiology of executive stress, build personal habits around sleep, recovery and attention, and leave with a practical regime to apply when you return to your role. The cases are drawn from the United Kingdom, Europe, the Gulf and Asia, and the work is delivered by senior practitioners with mindfulness-teacher and executive-coaching credentials.

What You Will Learn

- Distinguish evidence-based mindfulness from popular wellness content.
- Understand the physiology of executive stress and the role of the autonomic nervous system.
- Practise the foundational MBSR techniques — body scan, mindful breathing, awareness of thought.
- Apply mindfulness in the moments executive life actually requires it — meetings, decisions, conflict.
- Build a sustainable personal practice that survives a busy week.
- Manage sleep, recovery and exercise as professional disciplines rather than discretionary activities.
- Recognise the early signals of burnout in yourself and in others on your team.
- Lead a team in a way that does not normalise unsustainable executive practices.
- Decide when professional help is appropriate, and how to seek it without stigma.

How You Will Benefit

You will leave with a practical, evidence-based regime for managing executive pressure, together with a Mars Certificate of Completion.

Your organisation will gain a senior leader who is steadier in difficult moments, makes better decisions under pressure, sustains performance over years rather than burning out in months, and models healthier executive habits across the team.



Who This Programme Is For

This programme is designed for senior leaders managing executive pressure, including senior vice presidents and vice presidents; general managers and country managers; directors of all functions carrying profit-and-loss or major-programme responsibility; senior public-sector executives in high-pressure roles; senior project, programme and transformation directors; and family-business principals balancing operational and family complexity. The seniority floor is senior manager and above.

How the Week Unfolds

Day one sets out the evidence base, separating validated practice from popular wellness content and explaining the physiology of executive stress. Day two builds foundational mindfulness practice from the MBSR framework — body scan, mindful breathing and awareness of thought. Day three applies mindfulness in the moments executive life actually requires it: meetings, high-stakes decisions and conflict. Day four turns to sleep, recovery and exercise as professional disciplines, and to building a regime that survives a genuinely busy week. Day five consolidates the week with early signals of burnout in yourself and your team, leading without normalising unsustainable practice, faculty coaching and a personal action plan.