ASIAN INSTITUTE OF MANAGEMENT
SCHOOL OF EXECUTIVE EDUCATION AND LIFELONG LEARNING

FT EXECUTIVE EDUCATION 2026 RANKING

Sustainable High Achievement & Performance for Executives.

Building the capacity to lead with exceptional impact





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Program Overview

Leadership today demands more than knowledge, skills, and business expertise. Senior leaders are expected to make sound decisions, navigate uncertainty, inspire others, and sustain performance in increasingly demanding environments.

The Executive Performance Pyramid™: Building the Capacity to Lead with Exceptional Impact is a 2.5-day executive program designed to help leaders strengthen the physical, mental, and emotional resources required to perform at their best. The program brings together insights from leadership science, organizational psychology, human performance, and lifestyle medicine to provide a practical, evidence-based approach to sustainable leadership performance.

Participants will explore the seven dimensions of the Executive Performance Pyramid™—Capacity, Energy, Performance Foundations, Resilience, Judgment, Impact, and Purpose—and examine how these dimensions influence leadership effectiveness.

Through experiential learning, leadership circles, reflection exercises, coaching conversations, and practical applications, participants will assess their current leadership capacity and identify opportunities to strengthen their performance, resilience, judgment, and impact.

By the end of the program, participants will develop a personalized Executive Performance Blueprint™ and a practical 90-day leadership action plan designed to translate learning into sustainable leadership practices.

Program Objectives

Participants will be able to:

- **Assess their leadership capacity across the seven dimensions of the Executive Performance Pyramid™**
- **Apply evidence-based strategies to strengthen executive capacity and sustainable performance**
- **Enhance decision-making and executive judgment by understanding the relationship between personal well-being and cognitive performance**
- **Develop greater resilience and effectiveness when navigating uncertainty, pressure, and adversity**
- **Strengthen trust, leadership presence, and their ability to create lasting impact within teams and organizations**
- **Align personal values and purpose with leadership behaviors and long-term impact**
- **Develop a personalized Executive Performance Blueprint™ and 90-day leadership action plan**

Who Should Enroll

The program is designed for:

- Senior Executives and Business Leaders
- C-suite Executives
- Senior Business Leaders
- Vice Presidents
- Directors
- Functional Heads
- Business and Organizational Leaders
- General Managers
- Business Unit Leaders
- Entrepreneurs and Founders
- Human Resources and Organizational Development Leaders
- High-Potential Leaders
- Managers preparing for enterprise leadership roles and leaders navigating increasing complexity, rapid change, and sustained performance expectations.

Program Learning Content

Session 1

The Executive Performance Pyramid™: Leadership Capability vs. Leadership Capacity

Understanding the relationship between leadership capability and capacity, assessing personal leadership capacity, and introducing the Executive Performance Blueprint™.

Session 2

Building Executive Capacity and Energy

Exploring the physical, mental, emotional, and social dimensions of leadership capacity and identifying factors that influence executive energy and performance.

Session 3

Executive Performance Lab: Fueling Leadership Through Nutrition and Movement

Applying evidence-based approaches to nutrition, movement, sleep, recovery, and lifestyle practices that support executive performance.

Session 4

Leading with Resilience Under Pressure

Developing strategies to remain calm, adaptable, and effective when navigating uncertainty, pressure, and adversity.

Session 5

Strengthening Executive Judgment

Understanding how leadership capacity influences decision-making and applying strategies to strengthen executive judgment.

Session 6

Creating Lasting Leadership Impact

Strengthening influence, trust, and leadership presence while creating positive ripple effects within teams and organizations.

Session 7

Leading with Purpose

Clarifying personal purpose and aligning values with leadership behaviors and long-term impact.

Session 8

Developing Your Executive Performance Blueprint™

Integrating key learnings and identifying a leadership priority for the next 90 days through a guided blueprint workshop.

Session 9

Building a 90-Day Leadership Action Plan

Translating insights into sustainable leadership habits, accountability practices, and concrete actions for continued development.

Session 10

Capstone: Executive Performance Blueprint™ Presentation and Leadership Commitment

Presenting a personalized Executive Performance Blueprint™, receiving peer coaching and feedback, and committing to sustained leadership growth.

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Program Details

Format

Online

Duration

2.5 days

Fee

PHP35,000

Learning Experience

The program is delivered through synchronous online learning and combines lectures, case discussions, experiential learning activities, individual reflection, leadership circles, coaching conversations, and practical exercises. Participants are encouraged to connect the frameworks and insights to their own leadership contexts throughout the program.

Executive Performance Blueprint™

A central output of the program is the Executive Performance Blueprint™, a personalized framework that translates learning and self-assessment into sustainable leadership practices.

Participants will identify a priority for the next 90 days, develop an action plan, establish accountability practices, and present their blueprint as part of the program capstone.

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