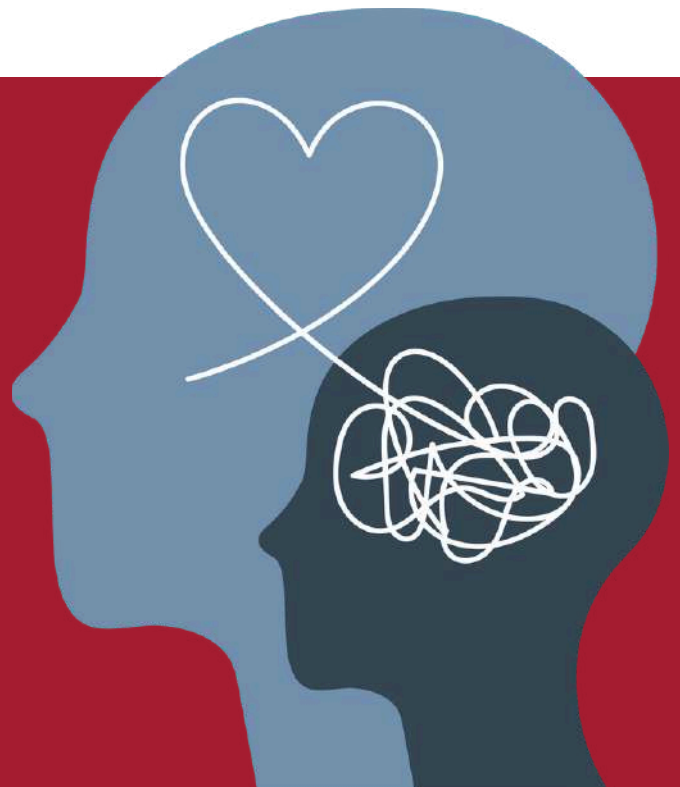




The Science of Leadership: The Brain, Resilience, and Mindfulness

Transform the human side of
leadership through science



About the Program

Strong leadership begins within, with the ability to stay composed, think clearly, and connect meaningfully as uncertainty and pressure rise. Yet many leadership programs emphasize external tactics while overlooking the inner science of how leaders process stress, shape decisions, and build trust and psychological safety. Leaders who understand this internal architecture lead with greater steadiness, influence, and impact.

The Science of Leadership: The Brain, Resilience, and Mindfulness is a six-week online program from Harvard Medical School that fills this critical gap. Integrating neuroscience, emotional intelligence, and mindfulness, the program equips leaders to sharpen judgment, deepen emotional awareness, and cultivate the grounded presence required to guide teams with clarity, confidence, and connection.

Who Is This Program For?

This program equips professionals with tools to build emotional intelligence, foster psychological safety, and lead with composure in high-pressure environments. It is suitable for:

- **High-achieving business leaders** seeking science-backed tools to perform under pressure to drive clearer, faster organizational decisions
- **Cross-functional managers and innovators** aiming to lead with focus, calm, and precision in fast-moving environments
- **Leadership coaches and HR leaders** looking for a deeper scientific grounding to drive meaningful behavior change
- **Leaders in high-intensity, people-centered sectors** seeking to reduce burnout and build psychological safety



Key Takeaways

The Science of Leadership: The Brain, Resilience, and Mindfulness program will help you:

- Discover how core neuroscience principles shape high-performance leadership
- Learn how emotional intelligence builds trust, connection, and stronger teams
- Understand the real impact of stress and burnout — and how to protect resilience and engagement
- Use brain-based insights to elevate your decision-making, adaptability, and leadership presence
- Practice simple mindfulness techniques that sharpen focus and clarity under pressure
- Build sustainable habits that support brain health, balance, and long-term leadership effectiveness

What You Will Learn

This curriculum explores how your brain navigates stress, emotion, and complexity, translating scientific insights into practical techniques for everyday leadership.

Module 1: The Neuroscience of Leadership Behavior

- Analyze a leader's effective and ineffective behaviors.
- Discuss how a leader's behavior aligns or conflicts with the situation and their sense of self.
- Identify the brain structures and systems that support key leadership functions.
- Analyze how leadership and management behaviors contribute to organizational effectiveness today.
- Differentiate between intuitive and analytical decision making in leadership scenarios.
- Identify personal cognitive distortions and their impact on decision making.
- Analyze a leader's effectiveness using neuroscience-informed frameworks.

Module 2: Emotional Intelligence (EI) and the Science of Connection

- Identify baseline EI strengths and growth areas across the five EI domains.
- Recognize emotional triggers and their impact on leadership within teams.
- Describe how the THINK framework can improve leadership communication and relationships.
- Use the Johari Window to explore how empathy and feedback build trust and openness in leadership.
- Analyze leadership behaviors that influence trust and psychological safety using emotional intelligence principles.

Module 3: Stress and Resilience in Leadership

- Recognize physiological and behavioral signs of stress in yourself and others.
- Identify common leadership stressors that impact focus, performance, and well-being.
- Analyze how effective leaders manage stress, cognitive overload, and anxiety in high-pressure situations.
- Analyze how stress and resilience shape leadership behavior and decision making under pressure.

Module 4: Organizational Change and the Brain

- Reflect on how your brain's responses to change influence your leadership behaviors.
- Differentiate technical and adaptive aspects of leadership challenges using Heifetz's framework.
- Analyze emotional and behavioral responses to loss during organizational change.
- Apply adaptive leadership strategies to manage distress and sustain progress during organizational transformation.



Module 5: Mindfulness and Focused Attention for Leadership Presence

- Reflect on how mindfulness practices enhance focus, emotional regulation, and leadership effectiveness.
- Discuss how divided attention impacts perception, focus, and decision making in leadership contexts.
- Apply mindfulness strategies to strengthen focus, emotional regulation, and presence in daily leadership situations.
- Discuss how body language, tone, and intentional communication shape the perception of leadership presence.
- Create a leadership communication that demonstrates empathy, clarity, and trust-building during periods of change or uncertainty.
- Evaluate how attention and intentional time use influence leadership effectiveness and presence.
- Develop a personal mindfulness plan that identifies specific practices to strengthen focus, emotional regulation, and presence in leadership.

Module 6: The Neuroscience of Sustained Leadership Effectiveness

- Identify personal habits that affect your energy and one action to support sustained effectiveness.
- Identify one actionable strategy to improve sleep quality for better focus and decision making.
- Apply movement, mindfulness, and energy management strategies to strengthen your leadership practice.
- Apply political awareness, development, and coaching frameworks to address a leadership scenario.
- Reflect on the habit journey to identify strategies for sustaining personal and leadership growth.

Personal Reflection Journal: A Leadership Guidebook

The program culminates in a structured personal reflection journal designed to deepen learning and strengthen self-awareness. After each module, you will capture key insights, emotional responses, and real examples of how neuroscience, mindfulness practices, and emotional intelligence apply to your own leadership experiences.

You will integrate new perspectives, track your personal growth, and apply science-backed concepts to real-world leadership practice. By the end of the journey, you will have a personalized record of your development that connects scientific understanding with everyday leadership impact.



Program Highlights



Multidisciplinary Learning Foundations



Adaptive Leadership Strategies



Leadership Toolkit



Interactive Live Sessions



Leadership Reflection Journal



Self-Paced Weekly Learning



Certificate of Completion

Meet the Faculty



James (Jim) J. Dowd, DBA, MBA

Consultant and Coach, Leadership Development and Executive Education
Executive Education Teaching Associate, Harvard Medical School



Blaise Aguirre, MD

Medical Director, 3East Program, McLean Hospital
Assistant Professor of Psychiatry, Harvard Medical School

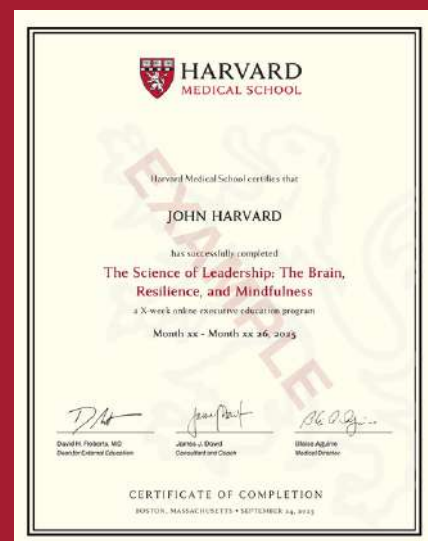
Certificate

Upon completion of this program, you will receive a digital certificate of completion from Harvard Medical School.

Your digitally verified certificate will be issued in your legal name and emailed to you, at no additional cost, upon completion of the program, per the stipulated requirements. All certificate images are for illustrative purposes only and are subject to change at the discretion of Harvard Medical School.

The certificate details (name and dates) are placeholders. The final certificate will reflect the actual participant name, cohort dates, and date of issue.

Note: This program does not grant academic credit or professional certifications from Harvard Medical School.



About Harvard Medical School

Since the School was established in 1782, faculty members have improved human health by innovating in their roles as physicians, mentors, and scholars. They have piloted educational models, developed new curricula to address emerging needs in health care, and produced thousands of leaders and compassionate caregivers who are shaping the fields of science and medicine throughout the world with their expertise and passion.

Why Harvard Medical School?

At Harvard Medical School, the Corporate Learning team provides emerging and established organizations with the knowledge they need to address the industry's toughest business challenges. Our extensive portfolio, including a range of cutting-edge Executive Education programs, helps teams achieve their potential by advancing their knowledge and capabilities in areas, including medical science, emerging diseases, digital transformation, designing AI solutions for health care, employee health and wellness, and health care leadership. A comprehensive ecosystem of online, in-person, and hybrid solutions supports learners at all levels –from new hires to CEOs and their leadership teams. Offerings are taught by Harvard Medical School faculty, thought leaders from other schools at Harvard University, and industry-leading practitioners.

About Emeritus

Harvard Medical School has engaged online education provider Emeritus to offer this high-impact online program. This program features Harvard Medical School's thought leadership in health care, developed over years of research, teaching, and practice. Emeritus amplifies the marketing effort to reach a broader global audience that can benefit from this program.



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