

Mindful Leadership in the Digital Health Era

Executive Programme by Goa Institute of Management,
in partnership with Aktivo Labs

About the Programme

The **Mindful Leadership in the Digital Health Era** programme is a collaborative initiative between Goa Institute of Management (GIM) and Aktivo Labs, designed to equip senior leaders with the frameworks, perspective, and tools required to navigate the intersection of workforce health, digital technology, and organisational leadership.

This executive programme addresses a gap that most leadership curricula still leave unaddressed: the practical integration of employee health strategy, digital health tools, and mindful leadership capability at the senior decision-making level. Participants engage with real practitioner perspectives drawn from Aktivo Labs' work across health insurance, corporate wellness, and digital health platforms — grounded in GIM's academic rigour and institutional credibility.

Designed for CXOs, CHROs, Heads of L&D, and senior leaders in pharmaceutical, digital health, healthcare services, and life and health insurance organisations, the programme situates leadership development precisely at the organisational intersection where health, capability, and technology decisions are made.

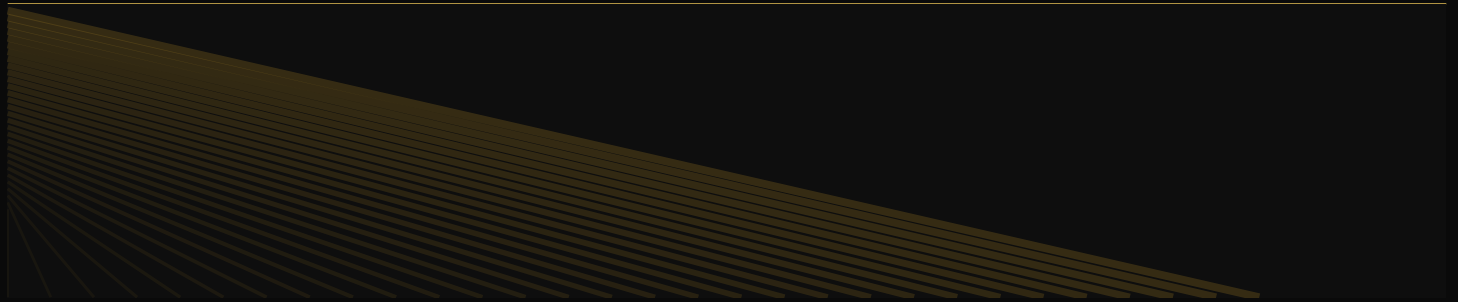
Participants will leave with a structured capability framework for workforce health investment decisions, a network of peers navigating the same intersection, and a programme certification from one of India's leading management institutions. The programme draws on global executive education perspectives through GPEC-X, a knowledge partner contributing international curriculum context, alongside GIM's academic strength and Aktivo Labs' practitioner depth in the digital health space.



"The programme is introduced through substantive perspective on the intersection of workforce health, wellness, leadership, and technology — not through repeated marketing impressions."

WHY

The Capability Gap No Leadership Programme Has Closed — Yet



Senior leaders in India's health, wellness, and people-intensive organisations are navigating a convergence that existing leadership programmes rarely address directly: the simultaneous pressure to adopt digital health tools, manage workforce wellbeing as a strategic asset, and lead with empathy and analytical rigour in an environment of chronic uncertainty.

The regulatory and commercial pressures reinforcing this shift are real and accelerating. Insurance companies are integrating wellness into their product design. Large employers are being held to account for mental health outcomes. Digital health platforms are competing for clinical credibility. And HR leaders are being asked to make technology investment decisions with limited framework support.

Most executive education in this space either addresses leadership in the abstract, or digital health as a technology category. Neither equips the senior leader sitting at the intersection — the CHRO deciding whether to invest in an employee wellness platform, the Head of L&D; asked to build psychological safety alongside performance culture, or the insurance executive designing a value-added service layer around health data.

This programme is designed for exactly that leader. It bridges clinical context, organisational practice, and digital health literacy — delivered through GIM's academic credibility and Aktivo Labs' practitioner depth. There is no equivalent programme in the Indian executive education market.

Three Pillars of Relevance

1

Organisational Health Strategy

Leaders must make workforce health investment decisions that balance clinical evidence, budget constraints, and employee experience. This pillar equips participants with the frameworks to diagnose organisational health risk, design interventions with measurable ROI, and build a wellness strategy that extends beyond programme administration into genuine cultural architecture.

2

Digital Health Literacy

Digital health platforms, wearables, AI-driven diagnostics, and behavioural nudge systems are entering the enterprise at pace. Leaders who cannot evaluate these tools on clinical, commercial, and ethical dimensions will either over-invest in novelty or under-invest in genuine capability. This pillar provides the evaluation framework practitioners use on the supply side.

3

Mindful Leadership Practice

The evidence base for mindfulness-integrated leadership is robust and growing. This pillar moves beyond wellness platitudes into applied practice: how present-state awareness improves decision quality under pressure, how leaders model psychological safety, and how individual leadership practice connects to organisational health culture at scale.

These pillars are designed to be mutually reinforcing, not modular. A leader who understands organisational health strategy but cannot evaluate digital health tools will make expensive vendor decisions without adequate framework. A leader with digital health literacy but no mindful leadership practice will deploy tools that improve data without improving culture.

The programme's integrated design ensures that participants leave with a coherent capability set — not a collection of independent frameworks — that they can apply to the specific leadership challenges they face at the intersection of people, health, and technology in their organisations.



LEARNING OUTCOMES

Equipping Leaders for the Health-Digital Intersection

Workforce Health Investment Capability

Participants will develop a structured framework for diagnosing organisational health risk, evaluating wellness intervention options, and building a multi-year workforce health investment strategy with measurable outcomes aligned to organisational performance objectives.

Digital Health Evaluation Skills

Participants will acquire the analytical tools to assess digital health platforms, AI-enabled wellness tools, and health data systems — evaluating clinical evidence, data privacy implications, and commercial terms — so that technology procurement decisions are grounded in framework, not vendor narrative.

Mindful Leadership Application

Participants will learn evidence-based mindful leadership practices applicable under conditions of organisational pressure and complexity, including techniques for present-state decision-making, psychological safety architecture, and the integration of personal leadership practice with organisational wellbeing culture.

THE LEARNING JOURNEY

Three immersive days on campus at GIM, Goa · Plus pre-work and post-programme support

FORMAT	DURATION	CERTIFICATION	COHORT SIZE
In-person Immersive	3 Days On Campus	GIM-certified & Aktivo co-branded	15–20 Senior Leaders
PRE-WORK	Online · Before arrival Led by GIM & Aktivo · Self-assessment tools and baseline diagnostics — health, stress, and leadership patterns · Preparatory reading on the digital health landscape and mindful leadership principles · AI-enabled digital biomarker baseline measurement		
DAY 1	Digital Health Strategy & Corporate Wellness Led by Aktivo leadership · The digital health technology landscape: platforms, wearables, AI diagnostics · Evaluating wellness platforms — clinical evidence, data privacy, commercial terms · Building the business case for corporate wellness: ROI frameworks and board-level narrative · Data-driven workforce health strategies with industry case studies		
DAY 2	Inner Leadership Reset & Self-Discovery Led by GIM faculty · AI-enabled digital biomarker measurements during the programme · Breathwork and nervous system reset — evidence-based techniques · Deep reflective work on identity, values, and leadership narratives · Guided self-inquiry and structured peer group dialogue		
DAY 3	Integration & Leadership Blueprint Joint — GIM & Aktivo · Translating awareness into action: personal leadership rituals and energy management · Digital wellness integration frameworks for teams and organisations · Post-programme biomarker measurements — before/after evidence-based outcomes · Design of individual leadership blueprint and organisational wellness strategy		
POST-PROGRAMME	Toolkit, follow-up & structured support 30 & 90-day check-ins · Participant toolkit: frameworks, templates, and self-assessment tools · Structured follow-up sessions at 30 and 90 days to reinforce application · Personal stress, attention, and cognitive clarity report based on validated assessments		

WHO SHOULD ATTEND

"This programme is designed for leaders at the intersection of people strategy, organisational health, and technology adoption — the senior decision-makers whose choices shape workforce wellbeing at scale."

The programme is positioned for senior leaders in India whose roles intersect with people, capability, wellness, and technology decisions at the organisational level. The addressable population is estimated at 300–600 qualified senior leaders — a knowable, reachable audience for whom broadcast marketing is the wrong tool and targeted, relationship-led engagement is the right one.

CXOs & C-Suite Leaders

Chief Executive Officers, Chief Operating Officers, and senior executives in health-adjacent industries where workforce investment is a board-level concern.

CHROs & Chief People Officers

Leaders responsible for workforce strategy, culture, and the translation of wellbeing investment into measurable organisational outcomes.

Heads of L&D; & Talent

Leaders in Learning and Development, Organisational Development, and Talent who are building capability frameworks that integrate health, digital literacy, and leadership practice.

Functional Leaders in Health Industries

Senior leaders in pharmaceutical, digital health, healthcare services, and life and health insurance organisations who operate at the commercial interface of health and capability.

Digital Health Founders & Operators

Founders and senior operators in funded digital health and wellness ventures who need to translate clinical credibility into enterprise leadership capability.

Geography: Pan-India

The programme is open to senior leaders across India. The pilot cohort will be delivered in Goa, with attendance expected from metro and non-metro markets given the seniority and mobility of the target audience.

REASONS TO JOIN

Why this programme, at this moment, for this audience

Institutional Credibility at the Right Tier

The programme is anchored by Goa Institute of Management, one of India's leading management institutions with AACSB accreditation consideration. The GIM certification carries institutional weight with the senior audience this programme targets — a credential that HR boards and compensation committees recognise.

Practitioner Depth from the Digital Health Supply Side

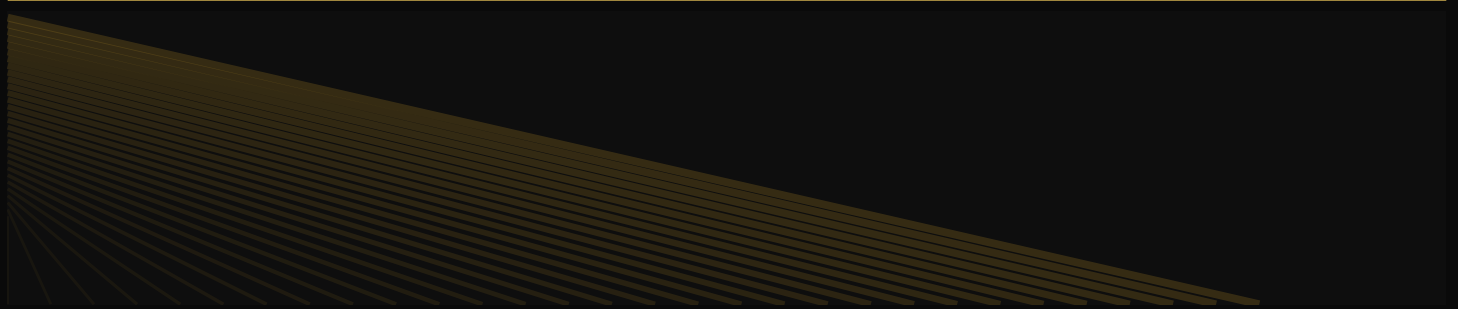
Aktivo Labs brings direct experience designing and deploying digital health platforms across health insurance and corporate wellness markets in Asia. Participants gain access to real practitioner frameworks — not case studies about other organisations' decisions, but the analytical tools that practitioners on the supply side actually use.

A Peer Network at the Right Level

The pilot cohort is deliberately sized at 15–20 participants to create a high-density peer cohort of senior leaders from health-adjacent industries. The network value compounds: the peer relationships formed in a cohort of this seniority and specificity are worth more than the programme content alone.

Programme Structure

Content architecture across the three pillars



Pillar 1: Organisational Health Strategy

The programme opens with an evidence-based review of organisational health as a strategic investment category. Participants learn to distinguish between wellness spending and workforce health investment, build a materiality framework for health risk, and design interventions aligned to organisational performance outcomes. The module draws on clinical epidemiology, behavioural economics, and HR strategy to create a practitioner-grade evaluation toolkit.

Pillar 2: Digital Health Literacy & Pillar 3: Mindful Leadership

The second module equips participants to evaluate the digital health landscape with the same rigour applied to clinical evidence. Procurement frameworks, data governance considerations, and vendor evaluation criteria are covered alongside case evidence from Asian and global markets.

The third module grounds mindful leadership in evidence-based practice rather than aspiration — covering present-state decision-making under pressure, psychological safety as an organisational design principle, and the translation of individual practice into team and culture-level impact.

APPLY OR ENQUIRE

Pilot cohort — September 2026 · Limited to 15–20 senior leaders

● Step 1 · Express Interest

Visit the programme landing page and complete the short expression-of-interest form. No commitment required at this stage — this helps us understand your role, organisation, and learning objectives before we follow up.

● Step 2 · Conversation

A member of the programme team will reach out within 48 hours to discuss fit, answer your questions, and share the full programme details including fee, schedule, and cohort profile.

● Step 3 · Confirm Your Place

Seats are limited to 20 to preserve cohort quality. Confirmed participants receive onboarding materials, pre-work, and cohort introductions in advance of the September delivery week.

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