



Institute for Professional Excellence

The Executive Edge

Mastering Mental Toughness for Leadership Excellence

Stop managing from empty. Transform into a corporate athlete with a bulletproof Personal Operating System (POS) that eliminates burnout, sharpens decisions, and builds unshakable resilience under pressure.

Traditional leadership training focuses on external strategy. We optimize what matters most: your internal engine.

The Executive Edge program includes deep experiential learning, engaging discussion, and peer collaboration. Walk away with your fully codified POS and a 90-day actionable implementation plan.

Join the next cohort of leaders transforming stress into strength, chaos into clarity, and potential into performance.

After completing this program, participants will be able to:

- Master the four dimensions of energy—physical, emotional, mental, and spiritual—to sustain peak performance
- Control your reactions, eliminate self-doubt, and lead with confidence in crisis situations
- Replace goal-dependent thinking with repeatable systems that create predictable success
- Optimize mental fitness to make proactive decisions before stress takes over
- Reduce performance variability, lower turnover risk, and enhance team morale through proven performance frameworks

Learn more: davenport.edu/ipex/leadership | 616.233.2589

Executive Edge Topics

Day 1: Foundation – Self-Awareness and Capacity

Begin building the biological and energetic base for performance, drawing from Jim Loehr's Corporate Athlete model and Dr. Drew Ramsey's nutritional psychiatry.

- Explore the four dimensions of energy, the pitfalls of constant connectivity, and the oscillation between stress and recovery like elite athletes
- Map personal energy patterns, recovery gaps, and daily rituals to track impact on performance
- Create a Non-Negotiable Energy Ritual (NNER) enabling informed choices for mental fitness

Day 2: Integration – Toughness and Regulation

Building on day 1, utilize simulations to practice resilience, focusing on controlling reactions and building self-mastery amid stressors.

- Replace self-defeating behaviors with self-supporting attitudes
- Categorize stressors into controllable, influenceable, and uncontrollable to redirect energy to empowerment
- Explore the mind-body link under pressure, embracing obstacles as growth opportunities to build habits of excellence

Day 3: Mastery – Systemization and Leverage

Boost team performance by understanding motivation, effectively influencing change, and identifying high-leverage behaviors to drive results.

- Deconstruct systems over goals to show how repeatable processes outperform willpower
- Build a talent stack by combining energy rituals with resilience for unique leadership advantage
- Codify habits into a Personal Operating System (POS) and develop a 90-day actionable plan with accountability measures

Who Should Attend

- Senior leaders
- Leaders
- High-potential leaders aspiring to executive roles

IPEX is an IACET Accredited Provider. IPEX offers IACET CEUs for its learning events that comply with the ANSI/IACET Continuing Education and Training Standard. You can earn 2.1 CEUs for successful completion of this program.

