This work has been supported by the Mindful Researchers: transforming academia from within by co-creating a supportive community

Wolfgang Lukas, PhD – IGDORE – wolfgang.lukas@igdore.org – www.mindfulresearchers.org

Challenges & Opportunities
Many researchers struggle with overdrive competition for scarce resources and chronic publication / career pressure, often resulting in burnout & dropout. To offer an alternative to the “academic rat race”, we have been co-creating a more compassionate, generous, inclusive mindful research culture that includes the experiential dimensions of research, researchers, and collaboration itself.

Best practices:
- engage in genuine contemplative, embodied, co-creative, “we-space” practices.
- Enact an ethical, rigorous, slow science as a living, embodied, enactive, situated contemplative process.

Building community:
- facilitate collaborative spaces for authentic sharing, participatory sense-making and decision-making, co-design, open knowledge exchange, reflection, mutual support.

Shared values:
- develop an “ethical code” that fosters genuine dedication to highest-quality research, interdisciplinary collaboration, open science, contemplative practice, and community-building.

Many scientists are calling for a transformation of academic and research culture. We aim to support this movement with bottom-up community-building firmly grounded in embodied and situated human experience of researchers. This effort has given rise to the emerging Mindful Researchers grass-roots initiative & community. We strive to co-create a supportive environment to explore the integration of our professional & contemplative life as a collective living inquiry. We intend to cultivate a welcoming shared space, a living lab supporting the emergence of a generation of researchers rooted in genuine embodied, situated, contemplative practice.

Mindful Researchers
We seek to foster a more collaborative academic culture that can enact new epistemologies – via research, novel meeting formats (e.g. Listening Circles, Mindful Presentations, Playful Academic sessions) and new collaborative initiatives. With funding we will launch a multi-stakeholder co-design process to support systemic change and study the impact on research methods, collaborations and communities. Will you join us?