

Mindful Researchers: transforming academia from within by co-creating a supportive community

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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.

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

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.

Collaborators:

Dav Clark
Enrico Fucci
Dara James
Annika Lübbert
Francesco Noera
Mary Rees
Willeke Rietdijk
Frank Schumann
Nikola Winter
...

Mindful Researchers

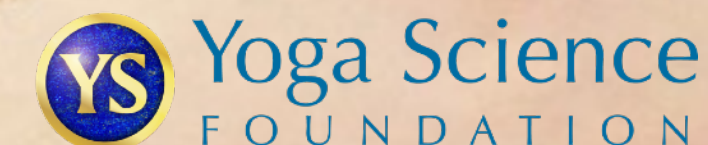
Many scientists are calling for a **transformation of academic and research culture**. We aim to support this movement with bottom-up **community-building** firmly grounded in embodied and situated **human experience** of researchers. This effort has given rise to the emerging **Mindful Researchers** 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**.

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?**

scan me for references & more resources!



This work has been supported by the



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