



Reconvening the Mindful Researchers

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The **Mindful Researchers** initiative took shape after **ESRI 2020**. Our activities included regular **newsletters** and 30 online **events** with up to ~25 participants each, including a **workshop** at ESRI 2021, that were planned and co-facilitated by a “gardeners” group. Following a year-long pause, we are now ready to **relaunch** the initiative.

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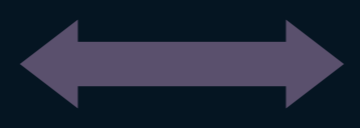
We want to foster new contemplative cultures in science, academia, and beyond.

Our main goals are to **build community, support the needs and foster the creative potential** of the community and our members – in contemplative science and beyond. We **invite old and new members to join a process of collaborative restructuring of our initiative** for co-creating our future path together.

We are going to host an **online kick-off meeting** soon after ESRI 2023!
 Keep in touch by writing an email to: contact@mindfulresearchers.org
 ... or visit our website via the QR code:



The following plan is a **transition process** and also a **work-in-progress**. It is the lively energy, coming from all kinds of engagement from our members, that is going to give shape to our next steps and help **evolve the initiative**. The first step is to understand the current situation in our community in terms of needs, goals, priorities, etc. with the **co-creation** process below:



In parallel, we want to reconvene via regular **curated** online gatherings and also host spaces for **self-organized** communal activities, because an **engaged community** is the “backbone” of our initiative: our ecosystem is filled with life by people like **you**, practicing together and bringing their creative ideas, which may also **catalyse** new collaborative projects!

| 1 | 2 | 3 | 4 | 5 | 6 |
|---|--|---|--|--|---|
| Goal: identifying community needs, priorities and ideas | Goal: sensemaking and preparation of poll | Goal: participatory priority setting | Goal: sensemaking and feasibility check on poll results | Goal: co-creation sessions on how to address top priorities | Goal: preparing implementation of proposed solutions, activities & formats |
| Members engage in sharing circles and focus groups to share and discuss their needs & ideas | | Members contribute to the poll, add new items, and prioritize all items together | | Members find peers with similar interests & start co-creating potential solutions for top priorities | |
| Stewards and Facilitators organize circles, focus groups and interviews , inviting all members | Stewards harvest needs / ideas and prepare a poll , in consultation with Facilitators and Mentors | Stewards and Facilitators analyse poll results and develop a list of priorities of the community | Stewards craft a presentation on top priorities/themes of our community , in consultation with Facilitators and Mentors | Stewards and Facilitators host sessions with the community to co-create solutions for top priorities | Stewards and Facilitators prepare and schedule new activities , in consultation with Mentors |
| Result: collected data is shared as brief report to the community | Result: a poll with needs and ideas is shared with the community | Result: all needs and ideas are framed into a list of priorities by the community | Result: results are shared as a short presentation with the community | Result: potential solutions and other project ideas are identified | Result: plans and schedule are shared with the community |

| Regular curated activities for community-building, co-creation, peer-to-peer matchmaking, etc. | Self-organized activities, proposed and facilitated by members, with optional support by Stewards and Facilitators |
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| Members are invited to engage in various ways: <ul style="list-style-type: none"> participate in curated activities volunteer to co-facilitate curated events propose specific ideas or themes for planned events propose new activities or session formats to be curated ... | Members propose an activity and manage it on their own , for example: <ul style="list-style-type: none"> Meditation sessions Reading and discussion circles Peer-review circles Lectio Divina, Journaling, Focusing, Monastic Debate, ... Systemic Consensing (SK-Prinzip[®]), Sociocracy, Prosocial, ... Liberating Structures, Art of Hosting, ... Council meetings, Open Conversations Mindful Presentations Mindful Co-Creation, Design Thinking, STIR, ... |
| Stewards and Facilitators organize regular community activities , inviting all community members: <ul style="list-style-type: none"> kick-off events “soft landing” meetings after other main events (e.g. ESRI) Council meetings, Open Conversations Mindful Presentations Mindful Co-Creation sessions collaborative decision-making skill-building sessions | Stewards and Facilitators provide spaces, tools, and facilitation to support our members to become a “community of peers” where everyone can propose or offer shared practices and engage around common interests in a more lightweight, self-organizing way. <ul style="list-style-type: none"> Meeting spaces (Zoom rooms) Calendar of community activities Newsletters including featured activities, invitations, etc. Community platform (e.g. Hylø) Knowledge base / repository |

Please add your ideas with the sticky notes!

