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 “gardener” group. Following a year-long pause, we are now ready to relaunch the initiative.

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.

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:

---

**Table of Co-Creation Steps**

<table>
<thead>
<tr>
<th>Step</th>
<th>Participants</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Goal:</strong> Identifying needs</td>
<td>Members, Facilitators</td>
<td>Harvest needs and ideas, prioritize and prepare a poll, in consultation with members</td>
</tr>
<tr>
<td>2. <strong>Goal:</strong> Sensemaking and preparation of poll</td>
<td>Members</td>
<td>Analyze poll results and develop a list of top priorities</td>
</tr>
<tr>
<td>3. <strong>Goal:</strong> Participatory priority setting</td>
<td>Members, Facilitators, Stewards</td>
<td>Start co-creating potential solutions for top priorities</td>
</tr>
<tr>
<td>4. <strong>Goal:</strong> Co-creation sessions on how to address top priorities</td>
<td>Members, Facilitators, Stewards</td>
<td>Frame ideas into proposals for top priorities, collate with poll results, and prioritize all items together</td>
</tr>
<tr>
<td>5. <strong>Goal:</strong> Preparing implementation of proposed solutions, activities &amp; formats</td>
<td>Members, Facilitators, Stewards, Mentors</td>
<td>Prepare and schedule new activities for community-building, co-creation, peer-to-peer matchmaking, etc.</td>
</tr>
<tr>
<td>6. <strong>Goal:</strong> Preparing for top priorities</td>
<td>Members, Facilitators, Stewards, Mentors</td>
<td>Plan and prepare for workshops, designing solutions, and feasibility check</td>
</tr>
</tbody>
</table>

---

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

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 catalyze new collaborative projects!

---

**Regular curated activities for community-building, co-creation, peer-to-peer matchmaking, etc.**

- **Members are invited to engage in various ways:**
  - Participate in curated activities
  - Volunteer to facilitate curated events
  - Propose specific ideas or themes for planned events
  - Propose new activities or session formats to be curated

**Self-organized activities, proposed and facilitated by members, with optional support by Stewards and Facilitators**

- **Members propose an activity and manage it on their own, for example:**
  - Meditation sessions
  - Reading and discussion circles
  - Peer review circles
  - Mindful Researchers (Mindful Presentations)
  - Systemic Coaching (e.g. Principles, Sociocracy, Prosocial, …)
  - Liberating Structures, Art of Hosting, …
  - Council meetings, Open Conversations (Stewards and Facilitators)
  - Mindful Presentations (Stewards and Facilitators)
  - Mindful Co-Creation, Design Thinking, UBI, …

---

**Stewards and Facilitators organize regular community activities, inviting all community members:**

- **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:**

- **Meeting spaces (Zoom rooms)**
- **Calendar of community activities**
- **Newsletters including featured activities, invitations, etc.**
- **Community platform (e.g. Mindful Presentations)**
- **Knowledge base/repository**

---

Please add your ideas with the sticky notes!

---

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:

---

This work has been supported by the Yoga Science Foundation and Mind & Life Europe.