

# The Mindful Researchers -

## A multi-layered co-creation process for the cultivation of contemplative practices in science, academia and beyond



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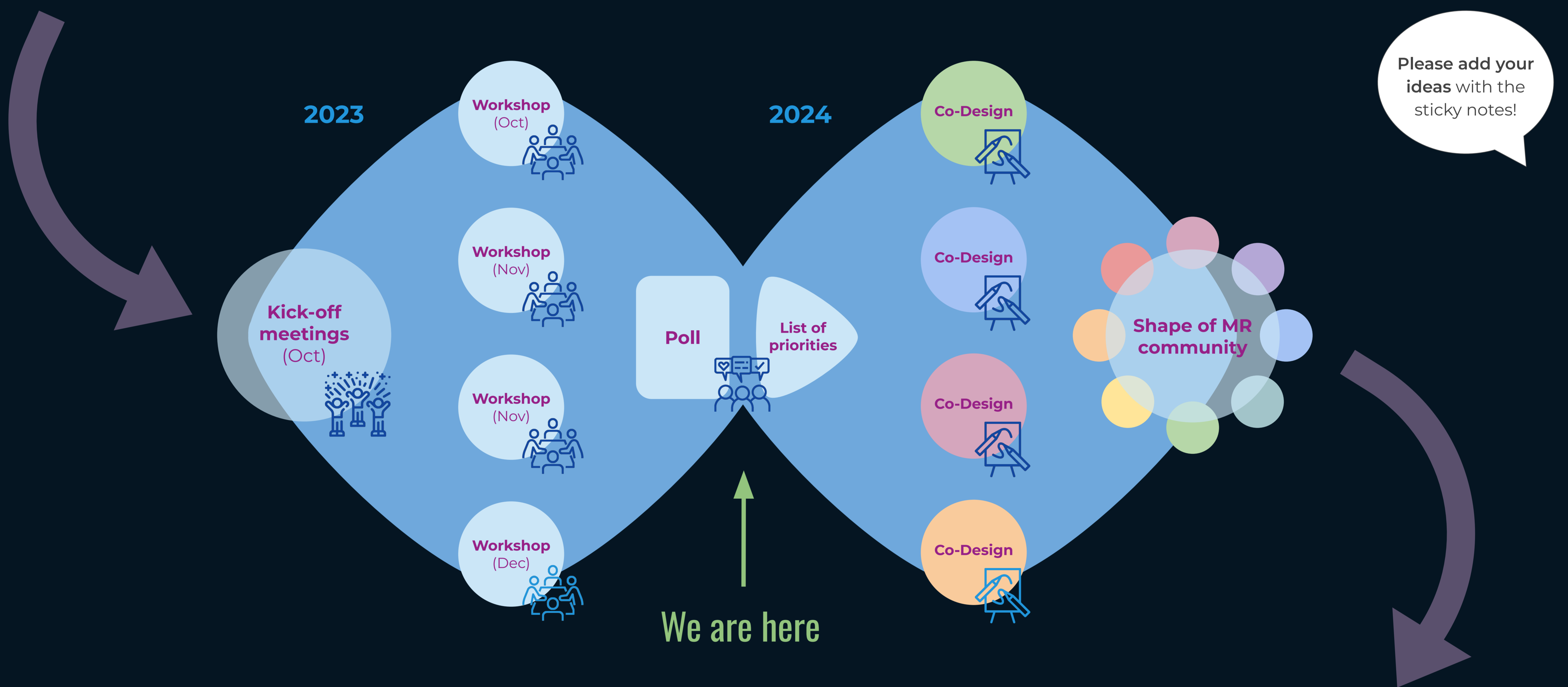


Wolfgang Lukas, PhD, Francesco Noera, MSc, Heena Kamble, PhD, Rocío Martínez Vivot, PhD, and Ayda Duroux, Dr.med.

The **Mindful Researchers** initiative took shape after **ESRI 2020**. 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. In the first phase (2020-2022) our activities included regular **newsletters** and 30 co-facilitated online **events** with up to ~25 participants each.

In the ongoing second phase (since 2023) we are implementing a **structured participatory co-creation process** through which we aim to foster bottom-up, community-driven activities and projects while also giving shape to the initiative itself. To this end we have convened and co-facilitated several online events, including five small-group **'visioning' workshops** with a total of 26 participants.

### We envision fostering new contemplative cultures in science, academia, and beyond.



We are going to launch our **poll** soon!

Keep in touch by writing an email to: [contact@mindfulresearchers.org](mailto:contact@mindfulresearchers.org)

... or visit our website via the QR code:



During these workshops, we collected data about participants' creative **ideas** and personal **aspirations** as well as their most pressing **needs** for the ability to flourish as researchers, sustain their contemplative practice, and foster interdisciplinary collaborations. Major themes included finding **peers**, sharing **resources**, nurturing **relationships**, cultivating spaces for **reflection** and shared **practice**, integrating **contemplative** with personal and **professional life**, and fostering systemic **change in academia** and society.

From these data we identified **clusters** and derived items for a community-wide **poll** that will be launched in coming weeks. The next step in our co-creation process is to **understand the current situation** in our community in terms of needs, goals, priorities, etc. based on the **poll results**. In parallel, we aim to convene online gatherings and 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 and help us **evolve the initiative**. We **invite old and new members to join our emergent, participatory process** to co-create our future path together!

| 1   | 2   | 3   | 4  | 5   | 6  |
|---|---|---|--|---|--|
| <b>Goal:</b> identify community needs and ideas   | <b>Goal:</b> sensemaking and preparation of poll                        | <b>Goal:</b> participatory priority setting   | <b>Goal:</b> sensemaking and feasibility check on poll results                     | <b>Goal:</b> co-creation sessions on how to address top priorities  | <b>Goal:</b> implementation of proposed solutions, activities & formats            |
| <b>Members</b> participate in focus groups to share and discuss their needs and ideas     |   | <b>Members</b> contribute to the poll and prioritize all items together   |  | <b>Members</b> find peers and start co-creating potential solutions for top priorities                                |  |
| <b>Facilitators</b> organize focus groups and interviews, involving all community members | <b>Facilitators</b> harvest needs / ideas and prepare a poll            | <b>Facilitators</b> analyse poll results and develop a list of priorities, new items can be added from community's feedback | <b>Facilitators</b> craft a presentation on top priorities/themes of our community | <b>Facilitators</b> host sessions with the community to identify and co-create potential solutions for top priorities | <b>Facilitators</b> set up next phase and prepare and schedule activities          |
| <b>Result:</b> data collected is shared as brief report to the community                  | <b>Result:</b> a poll with needs and ideas is shared with the community | <b>Result:</b> all needs and ideas are framed into a list of priorities by the community                                    | <b>Result:</b> results are shared as a short presentation with the community       | <b>Result:</b> potential solutions and other project ideas are identified   | <b>Result:</b> plans and schedule for the next phase are shared with the community |