Mindful Researchers
exploring together our contemplative,
personal and professional lives

Visioning process

We're here!

2023/24

Kick-off meeting

Workshop (5-6 people)

Workshop (5-6 people)

Workshop (5-6 people)

Workshop (5-6 people)

Poll

Priorities

Co-Design (5-6 people)

Co-Design (5-6 people)

Co-Design (5-6 people)

Co-Design (5-6 people)

2025+

Poll results

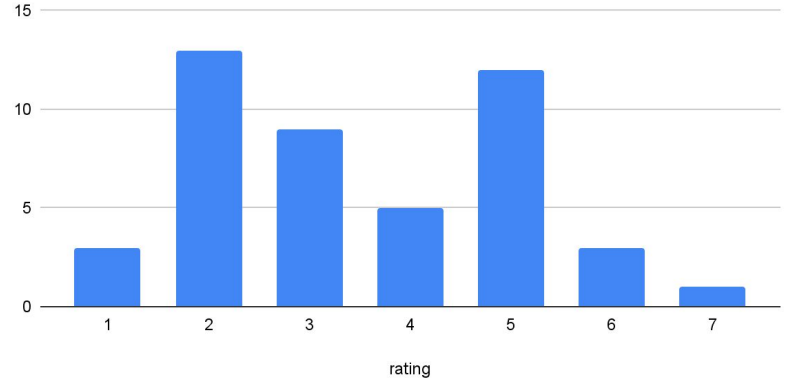
We received

46

responses!

A. Build and weave community

How much do you currently perceive the sense of belonging into this community?



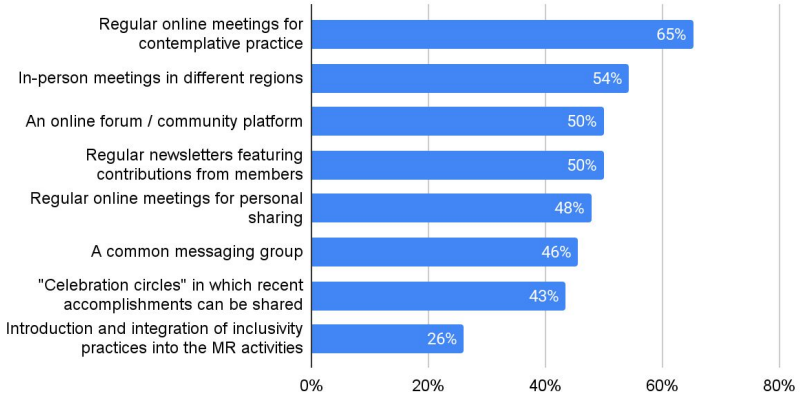
average = **3.5**

median = **3.0**

other suggestions (**29** individual responses):

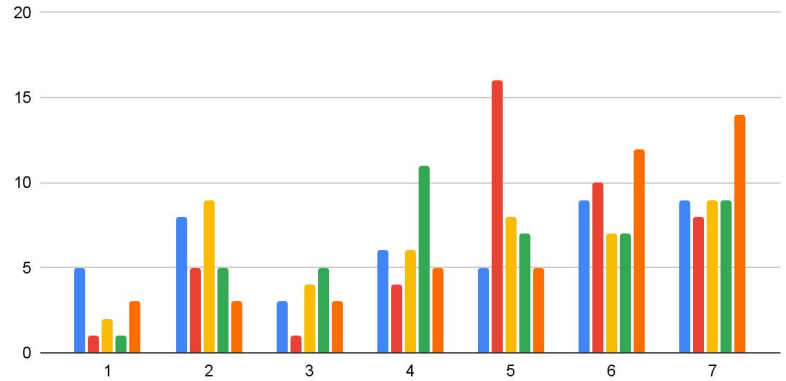
- a **map / repository**, matching needs and resources
- alternate between **small + large group** events
- different **languages** and **timezones**
- integrate **non-academics**
- in-person **meet-ups**
- **practice** sessions
- ...

What would you think would increase the sense of belonging into this community?



B. Facilitate shared practices

At this point in time, how important do you feel is the existence of the following offerings in your life?



other suggestions (**9** individual responses):

- gather and share relevant **event information**
- **resource bank** of online guided meditations
- **region / timezone** based events
- meditation **buddies**
- in-person **meetups**
- **retreat** / seminar / **festival**
- explore what mindful(ness) researchers can **offer** in/for **academia**
- ...

average = **5.2** Mindful writing or **co-creation retreats**

average = **5.0** A space where **members can introduce** contemplative practices

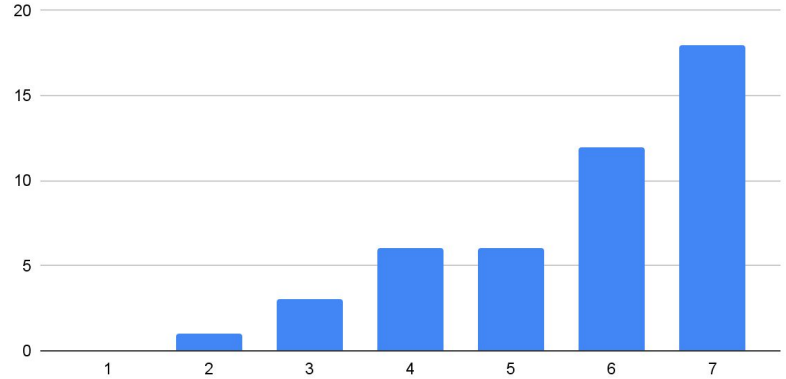
average = **4.7** Regular (shorter) online **mindful writing** sessions

average = **4.5** Online sessions to develop and practice **deep listening skills**

average = **4.4** Brief online **check-in / practice** sessions

C. Exchange knowledge on contemplative practices and traditions

How important do you perceive the exchange of knowledge on different contemplative practices and traditions to be?



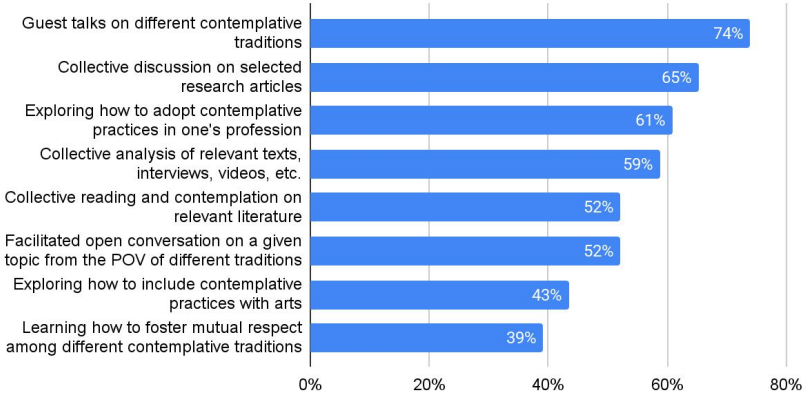
average = **5.7**

median = **6.0**

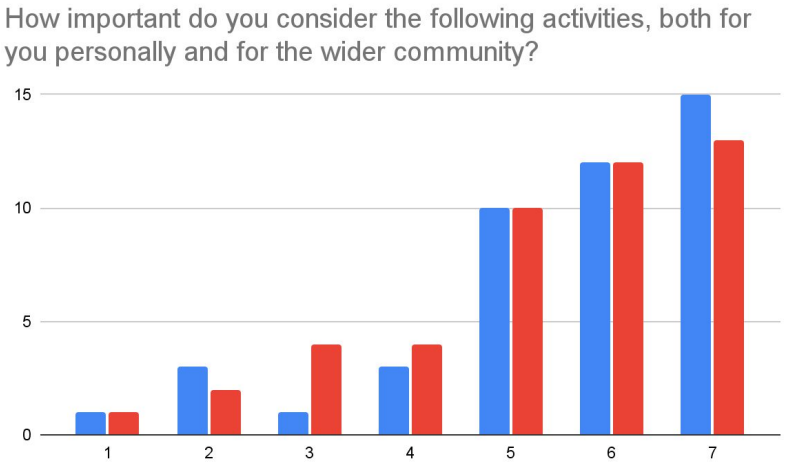
other suggestions (**6** individual responses):

- how-to: contemplative practices as **research topic**
- members can **teach others** what they know
- foster mutual respect, openness and collective creativity in **all walks of life**
- contemplative practices in **education**
- ...

What would be the most effective support for you in exchanging knowledge on different contemplative practices and traditions?



D. Foster collaboration within and between projects



other suggestions (**20** individual responses):

- message board / forum / **platform** / map / **database**
- **shared** research **questions / projects**
- **affinity groups**
- **pitch meetings**
- collective **retreat**

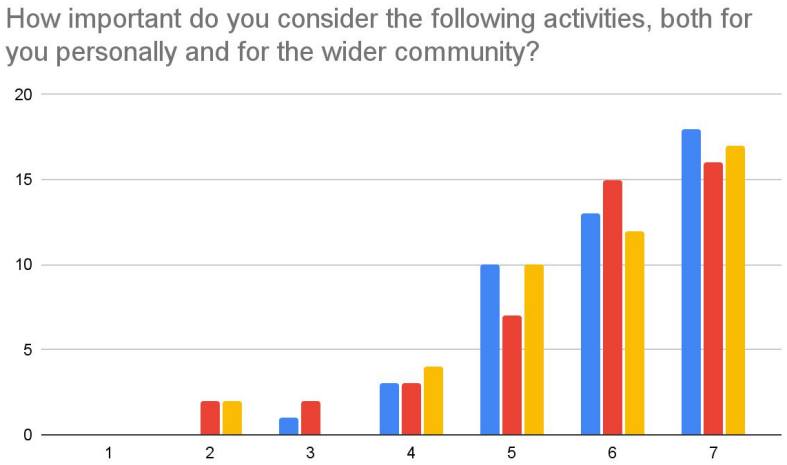
we should connect with:

- University of Leipzig, Presencing Institute, ISCR, CP Network, The Professor is In, PILGRIM, Plum Village, ...

average = **5.5** Facilitate **collaborations and networking** across existing projects & disciplines

average = **5.3** Facilitate collaborative **ideation, planning and implementation** of new projects

E. Provide support, skill, reflection / Find peers, inspiration, information, resources



Facilitate **encounter of our members** among each other

average = **6.0**

Facilitate **access to resources** from members & experts

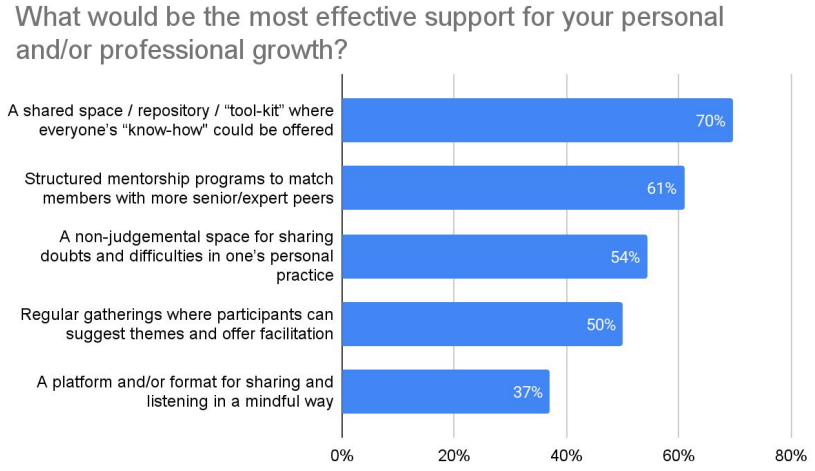
average = **5.8**

Facilitate **mutual support** to members – skills & challenges

average = **5.8**

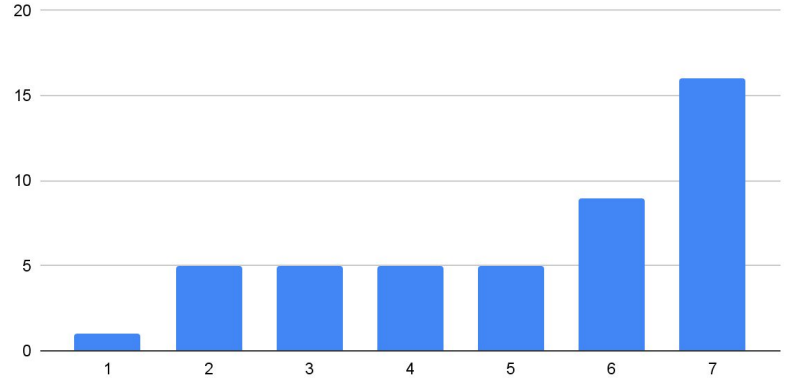
other suggestions (**3** individual responses):

- a chat / messaging channel to express needs
- an active **forum** for **practical** questions & answers
- **FAQ**-type resources
- short youtube-style **videos** of 10-20 mins
- **peer groups** (locally, interest-based, ...)
- ...



F. Integrate contemplative, personal and professional lives

How important do you perceive the need of support to integrate your contemplative, personal and professional life?



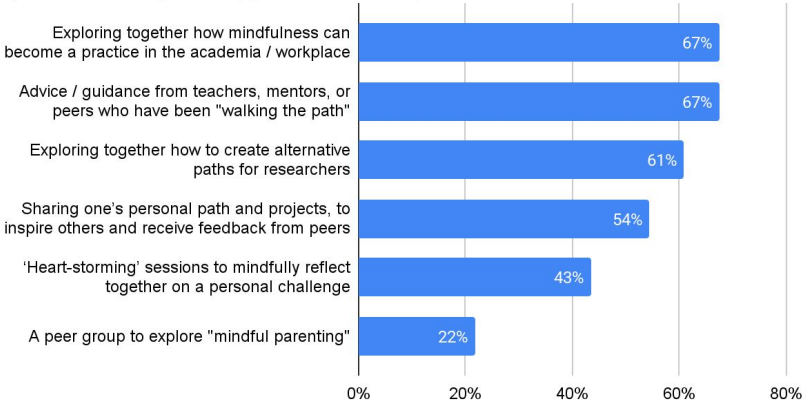
average = **5.2**

median = **6.0**

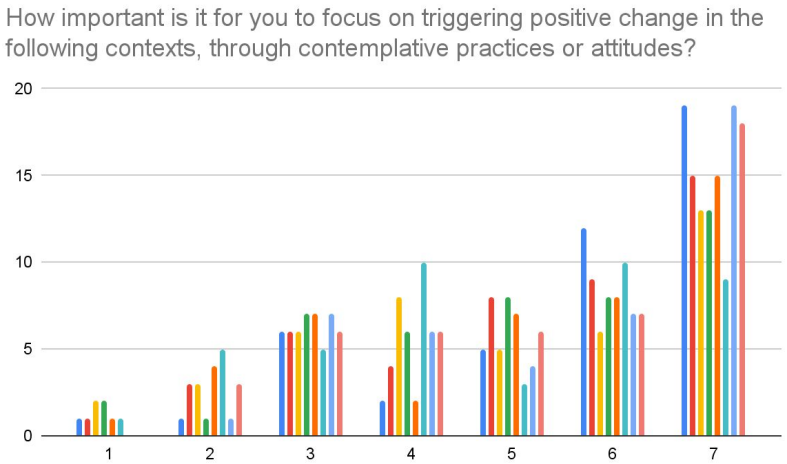
other suggestions (**6** individual responses):

- **peer coaching** (participants can bring a topic)
- contemplative practice as a **topic in academia**
- a **shame-free space** (academia is a shame-based reinforcement system)
- a **sangha** connected to one's **professional life**
- integration **for others**

What would be the most effective support for you to integrate your contemplative, personal and professional life?



G. Foster change in academia and society



other suggested contexts (**5** individual responses):

- **life** in general
- **arts-based** sensemaking
- the **public sphere**
- ...

average = **5.6** Academia and research

average = **5.5** Climate and environment

average = **5.3** Youth and education

average = **5.2** Organisational / community life

average = **5.1** Family and relationships

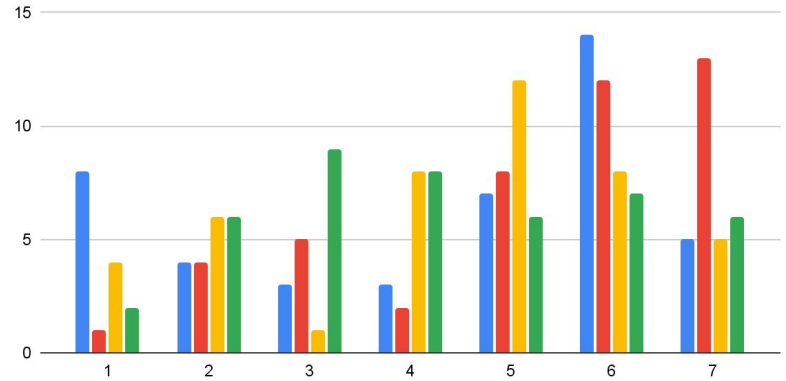
average = **5.1** Politics and activism

average = **4.9** Spiritual community life

average = **4.7** Economics

H. Immediate focus and pace for online gatherings

Please rate your priority for the kinds of online gatherings you would like to see offered in the near future:



average = **5.2** Networking, co-creation, collaboration

average = **4.4** Personal sharing

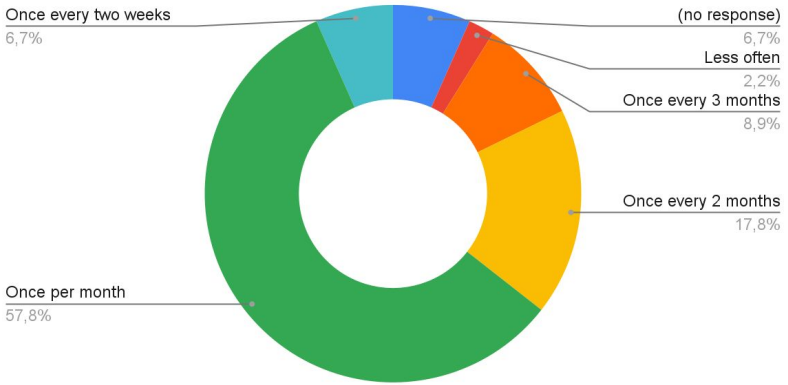
average = **4.3** Professional development

average = **4.3** Contemplative practice

What will prevent or enable / empower you to participate?

- **challenges / obstacles:** limited time, limited funds, timezone constraints, zoom fatigue, language barriers
- **enabling factors:** clear dates, financial support, interest in topics, well organized

How often would you like such online meetings to happen on average?



MR activity lines and Co-creation/Co-design groups

MR activities

Activity lines offered by MR initiative

- Monthly ‘open space’ meetings
- Newsletter
- Digital tools for communication (e.g. online forum, messaging group, etc.)

Co-design groups with members

Co-design group 1

‘Mutual and personal support’

Co-design group 2

'Learning and sharing through contemplative traditions'

Co-design group 3

‘Professional support & incubating new projects‘

Activity lines by MR initiative

Monthly ‘open space’ meetings

- **Monthly meetings** facilitated by MR stewards/active members, that offers an open space for anyone to just join
- **A brief meditation** (10/15 minutes) at the beginning, then the rest of the hour open to **conversation** (with some facilitation)
- Our idea is to **alternate between a few weekdays** (incl. weekends) **and daytimes**, to accommodate more people

The very idea is that many of us miss being part of a community, so let’s have our own ‘public square’ for regular catching up!

You can just show up and meditate and leave, or join the conversation afterwards.

Activity lines by MR initiative

Newsletter

- Keeping informed on **activities in the field of contemplative science**
- Keeping informed on **MR activities**
- Individual members can contribute calls, requests, or information to share in the newsletter with **the whole community** (>200 newsletter recipients)
- One newsletter every **two/three months**

We want to increase the space for members' contributions to the newsletter, as well as the visibility of activities offered by our members.

Please always feel free to reach out asking to give notice of your event/activity, etc., or with content you would like to share!

Activity lines by MR initiative

Digital tools for communication

- **To be decided which tools/platforms** are more feasible and effective (digital messaging, forum, calendar on website, etc.)
- Tools and platforms should also support **matchmaking among members** (e.g. a common repository of people, locations, interests, projects, expertise, needs, offers, etc.)

We're going to follow a prototyping approach in the immediate future. Please let us know if you would like to support this effort!

Group 1: ‘Mutual and personal support’

Co-design group with members

FOCUS: *personal support; belonging; inclusivity; feeling supported; relations, how to navigate being in a space (academia, etc.)*

QUESTION TO START WITH:

How can we sustain mutual support, community and belonging while dealing with academia (and other contexts)?

It can also generate smaller peer groups

Highlights from the Poll Results

Exploring together how mindfulness can become a practice in the academia / workplace	67%
Advice / guidance from teachers, mentors, or peers who have been "walking the path"	67%
Exploring together how to create alternative paths for researchers	61%

Group 2: ‘Learning and sharing through contemplative traditions’

Co-design group with members

FOCUS: *curiosity; understanding; selecting topics and inviting experts; learning together; knowledge and practice*

QUESTION TO START WITH:

How can we establish a source for researchers to deepen knowledge and application of contemplative traditions?

Highlights from the Poll Results

Guest talks on different contemplative traditions	74%
Collective discussion on selected .* research articles	65%
Exploring how to adopt contemplative practices in one's profession	61%
Collective analysis of relevant texts, interviews, videos, etc.	59%

Group 3: ‘Professional support & incubating new projects‘

Co-design group with members

FOCUS: *support to research and publication; repositories and databases; open innovation and co-creation; incubation; mentoring programs*

QUESTIONS TO START WITH:

How can we help researchers in carrying out their research?

How can we support the incubation of new projects?

Highlights from the Poll Results

A shared space / repository, a kind of “tool-kit” where everyone’s “know-how" could be offered	70%
Structured mentorship programs to match members with more senior/expert peers	61%

Next Steps

The Visioning Process - Where we are heading

1 Co-design “Work-out” Groups

Actions

- define key priorities for each thematic area
- outline phases of implementation
- identify required resources,
- specify required team size and roles

Responsibility

Work-out groups formed by interested MR members, facilitated by a Steward and potentially an MR Inner Circle member.

Timeline

Early May - Mid-June

Outcome

Written, actionable recommendations.

2 Strategic Reporting

Actions

- develop strategies to address resources needs
- propose individuals and levels of engagement
- outline concrete implementation steps
- finalize action plans for key thematic areas

Responsibility

MR Stewards Team, supported by the MR Inner Circle with final review by the work-out groups.

Timeline

Mid-June - Mid-July

Outcome

Finalized action plans.

3 Presentation to the MR community

Actions

- consolidate single action plans into a roadmap
- presentation at ESRI 2025 for stakeholders’ engagement
- launch fundraising activities

Responsibility

MR Stewards Team, supported by the MR Inner Circle.

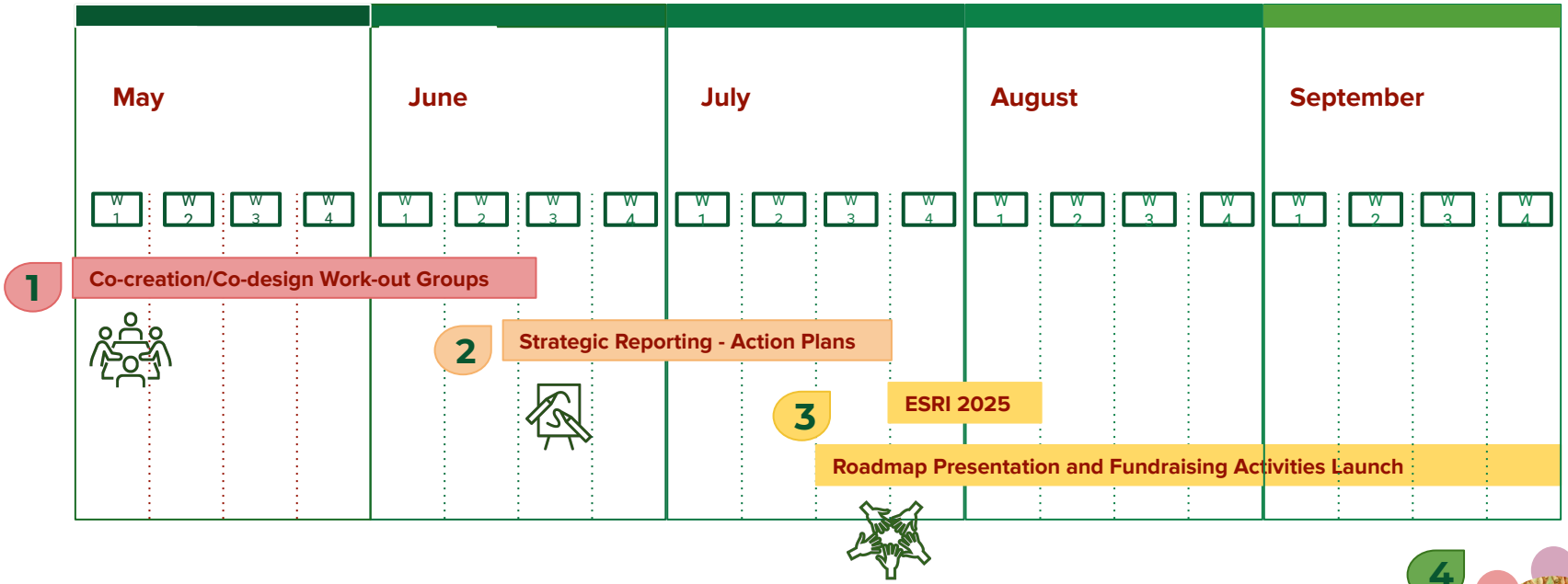
Timeline

Mid-July - end of July

Outcome

Consolidated roadmap.

The Visioning Process - Timeline Q2 & Q3



Thank You!

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