



Advertising a Mindfulness Group/Event within your company TEMPLATE

(YOUR COMPANY NAME) Group

The Mindfulness (*your name*) Group was created to serve as a resource for (*your industry*) professionals (and others working in your industry) to both learn and deepen mindfulness practice and to promote wellbeing and mindfulness education in the profession.



The (*your group name*) is supported by (*company, affiliations, individuals, senior members*).

Events

The (*your group name*) holds regular mindfulness events for those working in (*your*) profession, introducing mindfulness to those who are looking for an opportunity to try it first-hand, as well as creating a space for those who are already familiar with benefits of mindfulness and want to continue their practice.

Our events are usually held (*day/date/month*) at (*venue*), depending on speaker availability.

Please join our (*linkedin group/facebook page/in-house group*) to find out about the latest (*group name*) events and other news.

You can also find out more about our events and initiatives on Instagram (*@yourname*) and Twitter(*@yourname*).

About Us / Get In Touch

To find more about (*your group name*), please go to our (e.g. *About Us* page).

Our core team currently consists of the individuals listed on our *Meet the Team* page, but please get in touch with us by email (*name@emailaddress*) if you would like to get involved in the (*our/group name*) work or if you have any questions.

Information and Resources on Mindfulness

The Q&A template (in the resource section of the MWC website) contains lots of helpful information on what mindfulness is and how it can help you and your team.

The organisations and resources listed below are also recommended if you want to find out more about mindfulness:

- **Mindfulness Initiative:** <https://www.themindfulnessinitiative.org.uk/>
- **Mental Health Foundation/Be Mindful Online:** <https://bemindful.co.uk/>
- **UK Listing of Mindfulness Teachers:** <https://www.ukmindfulnessnetwork.co.uk/uk-listing/>
- **Mindful.org:** <https://www.mindful.org/>
- **Practical Meditation:** <https://www.practicalmeditation.co.uk/>
- **Building the Case for Mindfulness in the Workplace (published by the Mindfulness Initiative):** https://www.themindfulnessinitiative.org.uk/images/reports/MI_Building-the-Case_v1.1_Oct16.pdf
- **All-Party Parliamentary Group report on mindfulness:** https://www.themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf



About Us

(Your name) Group

Who are we?

- We are
- We all share an interest in mindfulness practice, and range in experience from relative newcomers to qualified mindfulness teachers.
- We are deeply familiar with the pressures and strains that can accompany our careers - and we are keen to explore how mindfulness practice can help us navigate these challenges more skilfully, and ultimately experience a more balanced, rewarding life (including outside the office!).
- We are reaching out to others who are curious to know more, with an invitation to join a growing community of mindful individuals.

What are our aims?

Education

Mindfulness has become a buzzword of our times. However, what is the definition of mindfulness, how is it “practiced”, and how could it be relevant to my legal career? We aim to hold events and offer a knowledge store answering questions such as these. Our online knowledge store will contain thoughtfully curated articles and information on mindfulness.

Accessibility

Which practice works best for me? Mindfulness can be practiced in many different ways – not all of them obvious (and not all involve a meditation cushion). [*We aim to debunk some of the myths around mindfulness and help our members find a sustainable practice that works for them. We aim to hold events at Central London locations featuring qualified mindfulness trainers to help kick-start your mindfulness practice*].

Community

We aspire to build a community of like-minded individuals who will connect with, support and encourage each other. In addition to an online community, we aim to establish regular drop-in mindfulness sessions. Please (*click here or email*) for more information on our latest events.

AUTHOR ACKNOWLEDGEMENT

This document was compiled with thanks by Ruth Ormston in collaboration with the Mindfulness in Law Group. If you use or replicate any of the information in this template, please acknowledge and credit Ruth and the Mindfulness in Law Group.

DISCLAIMER

Neither Ruth Ormston, the Mindfulness in Law Group or anyone else connected with the Mindful Workplace Community can be responsible for your use of the information contained in, or linked from, this document.

