

MP Charter

Mindful Presentations

Welcome

This space is designed for mindful sharing, deep listening, and meaningful connection and invites community members and newcomers to share their work, research, projects, ideas, interests, practices and questions.

The MP sessions go beyond the classic presentation format of academic or formal contexts, inviting a more authentic, reflective and participatory exchange. They also encourage contributors to be creative and experimental, stepping outside established academic and professional norms to explore new ways of expressing and sharing their work. Presenting is understood as sharing rather than performing. The audience is invited into engaged listening and dynamic participation.

The structure below will guide our time together.

Arrival & Grounding

We begin with a short centering practice—silence, breath, or grounding—to help everyone arrive and settle into the space.

Community Agreements and Introduction to Structure

As this is an intentional and mindful listening and sharing space, we want to offer some community agreements and warmly invite you all to propose any additions that would support safety, respect, clarity, or connection (Please feel free to add to this list by adding comments):

- *Listen deeply without interrupting*
- *Speak mindfully and briefly*
- *Allow silence and pauses*
- *Respect confidentiality*
- *Welcome diverse perspectives with openness*

Your Intention

If you are presenting, you are warmly invited to share a few words beforehand about your intention—connecting, exploring an idea, sharing a project, finding collaborators, receiving insights, or simply being in inquiry together.

If you wish, and if you have shared this intention with the facilitators in advance, they may gently invite the audience's participation in a way that aligns with the purpose you name.

Also the audience is encouraged to share their own intentions, hopes, or curiosities.

Presentations

Presenters share without interruption.

Participants listen with full presence and openness.

Following each presentation, we move into a brief sharing circle. Each participant, both

presenters and audience, is invited to share a short reflection: a thought, a sentence, a word, or to remain in silence simply.

Collective Dialogue

After each presentation [or after the last presentation], we enter a mindful dialogue space—

- The facilitator supports a balanced and spacious conversation where everyone has the opportunity to speak, reflect, and respond.
- Dialogue unfolds slowly and intentionally, emphasising presence, curiosity, and connection rather than debate or rapid exchange.

Closing

We end with a brief shared moment—silence, gratitude, or a simple closing reflection.

Experimental

Continued sharing and reflection space

As an experiment, we want to offer space for continued sharing, connection, or collaboration after the session.

Participants can engage through:

- A short Dialogue Corner at a later date

As we intend Mindful Presentations to be launching pads for continued, deeper conversations and connections, we would like to support follow-up gatherings that emerge from participants' interest in deepening certain topics or connecting with peers. With your permission, we can start helping by:

- sharing contact details,
 - making introductions,
 - spreading the word if you would like your follow-up gathering to be open to others.
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- A shared Miro board for asynchronous reflection
 - Participants can add resonances, questions, insights, links, or resources whenever they want
 - This can also support continued collaboration and serve as a simple archive of our collective reflections and evolving conversations.

MP Session Flow

Mindful Presentations

Welcome (3' - by Wolfgang or one of the Stewards)

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The structure below will guide our time together.

Arrival & Grounding (5') - Vani

We begin with a short centering practice—silence, breath, or grounding—to help everyone arrive and settle into the space.

Community Agreements and Introduction to Structure (3'- co-facilitators) - Rocio

Presenting is understood here as sharing rather than performing. The audience is invited into engaged listening and dynamic participation.

As this is an intentional and mindful listening and sharing space, we want to offer some community agreements and warmly invite you all to propose any additions that would support safety, respect, clarity, or connection (Please feel free to add to this list by adding comments):

- *Listen deeply without interrupting*
 - *Speak mindfully and briefly*
 - *Allow silence and pauses*
 - *Respect confidentiality*
 - *Welcome diverse perspectives with openness*
- (Luci to share community agreements in the chat)

The structure below will guide our time together.

“What brings you here today?” Mentimeter (3') - Vani

Your Intention (3'- co-facilitators) - Rocío

If you are presenting, you are warmly invited to share a few words beforehand about your intention—connecting, exploring an idea, sharing a project, finding collaborators, receiving insights, or simply being in inquiry together.

If you wish, and if you have shared this intention with the facilitators in advance, they may gently invite the audience's participation in a way that aligns with the purpose you name.

Presentations (45' - co-facilitators)

Presenters share without interruption.

Participants listen with full presence and openness.

First Presentation (15'-18')

The presenter shares without interruption. Participants listen with full presence and openness.

Sharing Circle (after each presentation - 30" each) - Vani

Following the presentation, we move into a brief sharing circle. Each participant, both presenters and audience, is invited to share a short reflection: a thought, a sentence, a word, or to remain in silence simply. Time limit?

(Luci to share names order in the chat)

Second Presenters' Intentions (2') - Vani

Second Presentation (15'-18')

The presenter shares without interruption. Participants listen with full presence and openness.

Sharing Circle (30" each) - Rocío

We again enter the sharing circle, followed by a collective silent moment to allow the whole experience to settle within ourselves.

(Luci to share names order in the chat)

Collective Dialogue (25' - co-facilitators) - Rocío

After each presentation [or after the last presentation], we enter a mindful dialogue space—

- The facilitator supports a balanced and spacious conversation where everyone has the opportunity to speak, reflect, and respond.
- Dialogue unfolds slowly and intentionally, emphasising presence, curiosity, and connection rather than debate or rapid exchange.

What are you leaving with today? Mentimeter (2') - Vani

Closing (2')

We end with a brief shared moment—silence, gratitude, or a simple closing reflection.

Experimental—

Continued sharing and reflection space

As an experiment, we want to offer space for continued sharing, connection, or collaboration after the session.

Participants can engage through:

- A short Dialogue Corner at a later date

As we intend Mindful Presentations to be launching pads for continued, deeper conversations and connections, we would like to support follow-up gatherings that emerge from participants' interest in deepening certain topics or connecting with peers. With your permission, we can start helping by:

- sharing contact details,
- making introductions,

- spreading the word if you would like your follow-up gathering to be open to others.
- Onboarding Participants on our MR Community on Hylo
 - Participants can add resonances, questions, insights, links, or resources whenever they want
 - This can also support continued collaboration and serve as a simple archive of our collective reflections and evolving conversations.

Points of Discussion with Presenters

- Presentations Order & Timers
- Presentations Intentions
- Prompts for sharing circle
- time limit for sharing circle individual contributions