Sustainability Policy

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The Mindfulness Network has the intention to create the conditions in which people, communities and the planet can flourish by developing mindfulness and compassion internally and through our services. We are committed to sustainable development (meeting the needs of the present without compromising the ability of future generations to meet their own needs) as a guiding principle within our work. Recognising our responsibility for caring for the natural world in light of the climate emergency is a fundamental part of this commitment. Our aim is to practise sustainability through mindfulness-based approaches for positive environmental impact and social change.

Governance

- Promotion of responsibility for the environment within the organisation and communicate and implement this policy at all levels.
- Comply with all relevant environmental legislation/regulation.
- Ensure that our policies and services are developed in a way that is complimentary to this policy.
- Provide appropriate resources to meet the commitments of this policy.
- Include environmental and ethical considerations in decisions around finances and banking.
- Assess the environmental impacts of our operations and develop an Action Plan in order to improve our environmental performance.
- Regularly review the Sustainability Policy and Action Plan.
- Publish this policy on our website.

Social Impact: Workers & Wider Community

- Identify and provide appropriate training, advice and information for staff and encourage them to develop new ideas and initiatives.
- Develop and offer mindfulness-based training to support sustainability with equitable access.

Social Impact: Civic Engagement & Giving

- Sustaining and developing ways that the business can give back to the community including bursaries, donation events and donation-based practices via the MNCF.

Environmental Impacts: Travel

- Minimise the impacts of fossil fuels from travel by meeting virtually where possible and providing online training and retreats.
- Where travel is required encouraging the use of public transport and discouraging single occupant journeys in cars and travel by plane.

Environmental & Social Impact: Venues & Suppliers

- Ensure the venues we use have a commitment to sustainability.
- Ensure that where possible venues are within easy reach of public transport systems.

Environmental Impacts: Waste Reduction & Resource Conservation

- Reduce the use of energy, water and other resources.
- Minimise waste by reduction, re-use and recycling.