

**PRESS RELEASE | THURSDAY 7 October 2021**

**Twelve new organisations sign up to the Mindful Business Charter, committing to better working practices for mental health and wellbeing.**

The Mindful Business Charter (MBC) is pleased to announce 12 new organisations from the public and private sectors have chosen to sign up to the Charter, committing to better working practices for mental health and wellbeing as the business world continues to evolve amid the Covid-19 pandemic.

We now have the opportunity to deliberately and mindfully build a new approach to work. MBC continues to provide organisations and individuals with the framework, permission and challenge to dare to be different and to work together across the business community to rehumanise the workplace.

The initial vision for the MBC was to bring banks' in-house legal teams and their legal services providers together to reach a shared agenda for mental health and wellbeing. MBC has since demonstrated it has relevance far beyond the legal and financial service sectors.

The Charter currently has [80 signatories](#) committed to change working practices to remove the unnecessary stress that can affect employees' mental health and wellbeing, while also improving effective working and productivity.

New organisations committing to the Charter are:

- Lottery operator **Allwyn**
- PR specialists **The Branscombe Group**
- Canadian law firm **Blake, Cassels & Graydon LLP**
- Global corporate services provider **Centralis**
- Municipal authority the **City of London Corporation** (their legal team)
- Law firm **Clyde and Co**
- Baltic law firm **COBALT**
- Recruitment specialists **Contract Scotland**
- Financial services group **Mastercard** (their legal team)
- Law firm **Sharpe Pritchard LLP**
- Law firm **Taylor Wessing**
- Professional search and recruitment firm **The SR Group**

These new signatories continue to broaden the sectoral impact of the Charter in the UK and internationally and bring the number of signatories to 92.

The theme for World Mental Health Day on 10 October this year is mental health in an unequal world and we all need to be mindful of the very real inequalities that persist in our workplaces. The new ways of working we are building provide an opportunity again to address those inequalities, if we can approach the dialogue with the openness and respect that lie at the heart of the Charter.

The Charter focuses on how we should work and interact with each other in a thoughtful and mindful way, shaped as far as possible to eliminate unnecessary stress so that we can work both more effectively and more healthily – so that we (and our organisations) can thrive.

**be brave.**



On **7 October 2021** we will gather to reflect on the work that continues to be done and the progress that has been made, as well as welcome the host of new organisations that are ready to make their public commitment to work towards the Charter's goals and in accordance with its pillars. The event will also focus on how we can encourage the organisations we work with to embrace MBC principles, and the very real benefits to our working relationships and working lives.

**Mary Peterson**, chair of the trustees and Head of Talent and Learning at Addleshaw Goddard LLP, one of the founders of MBC, said:

"The last 18 months have been challenging for many businesses, with employees grappling with a new concept of 'living at work' and a lack of boundaries. As such, the MBC, with its focus on reducing avoidable stress and helping to maintain boundaries to promote better wellbeing, is more relevant than ever. In that context it is fantastic to welcome so many new businesses that are demonstrating their public commitment to healthier working practices and positive change by joining our growing group of signatories."

**Richard Martin**, director of byrne-dean and leading on their MBC work, said:

"At times of great challenge and change, simple truths and values that are truly cherished provide us with the direction and answers we need to guide us through. The Charter is simple – be more mindful, more aware, of the impact we have on each other and give each other the permission to talk about it, to be brave, and to ask for what we need to enable us to function at our best and to thrive. The times through which we are all living continue to challenge the notion of work and of workplace. They are being redefined in organisations around the world. The Charter calls for humanity and kindness to be at the heart of that redefinition, to recreate what work means in a healthy, sustainable and effective way. We are immensely proud of our work helping to promote and develop this important initiative."

The MBC has the support of mental health charity Mind, the City Mental Health Alliance, the International Bar Association, the Law Societies of England and Wales and of Scotland and Singapore, LawCare, the Solicitors Regulatory Authority and the Lord Mayor of London's Appeal.

Further information on the Mindful Business Charter can be found at [www.mindfulbusinesscharter.com](http://www.mindfulbusinesscharter.com) or contact [richard.martin@byrnedean.com](mailto:richard.martin@byrnedean.com) or [lisa.swinney@byrnedean.com](mailto:lisa.swinney@byrnedean.com).

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