**PRESS RELEASE | THURSDAY 13 October 2022**

**32 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 32 new organisations from the public and private sectors have chosen to sign up to [The Charter | Mindful Business Charter](https://www.mindfulbusinesscharter.com/the-charter) over the last 12 months, committing to better working practices for mental health and wellbeing.

With our new members, MBC is a community of over 120 organisations(see [Our Signatories | Mindful Business Charter](https://www.mindfulbusinesscharter.com/signatories)) from the public and private sector working together to reduce the unnecessary stress in the ways in which we work, so that we can work both more healthily and more effectively. MBC provides organisations and individuals with the framework, permission and challenge to dare to be different and to work together to rehumanise the workplace.

Our new members that have committed to the Charter over the last year are:

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| Bates Wells LLP | Law Offices of Panag & Babu |
| Bird & Bird LLP | **Liedekerke Wolters Waelbroeck Kirkpatrick** |
| Bright Horizons | **Macleod & MacCallum** |
| Burges Salmon LLP | **Mishcon de Reya LLP** |
| Byrne Dean Limited | **Moore Barlow LLP** |
| Crowe UAE | **Murgitroyd and Company Limited** |
| Dechert LLP | **Palmers Law** |
| EDF Energy | **Purpose (HR & Coaching) Ltd** |
| Farallon Law Corporation   | **Registry Trust Limited** |
| Ince Group | **Royal Borough of Kingston upon Thames** |
| Forrest Williams Legal Ltd | **Sharratts LLP** |
| Human Unlimited | **Shepherd and Wedderburn LLP** |
| Institutional Protection | **Shine Offline Limited** |
| Inventum Group | **Siemens Energy** |
| Johnston Carmichael | **Stevens & Bolton LLP** |
| Lamb Chambers | **Winkler Partners** |

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

The theme for World Mental Health Day on 10 October this year is “Make mental health and wellbeing for all a global priority” and with their commitment to creating healthier working practices, our members, from around the world, are embracing this challenge. 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.

On **13 October 2022** we gathered to celebrate the work that has been done and the progress that has been made, as well as welcome the host of new organisations that are making their public commitment to work towards the Charter’s goals and in accordance with its pillars.

The MBC community has a bold new strategy to continue to broaden our membership while at the same time working to deepen the impact of our work, enabling our members to embrace and embed real and sustainable change in our working cultures. The last year has seen organisations emerge from the pandemic to a new and largely hybrid way of working which creates both opportunities and challenges. The Charter, and the work we do to support our members, provide a framework for navigating these changes with intention and care to enable our people and our organisations to thrive.

A survey of the MBC community illustrated the success that the MBC is having in the workplace. Although 42% of members already had positive mental health practices in place, since committing to the MBC this has almost doubled. Over half of respondents also said they had made some or substantial progress across each of the 18 areas covered by the principles and aspirations of MBC.

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

“How, when and where we work, and to an extent the very notion of what we mean by work, continues to evolve. The challenge to employers is to ensure that this continuing change is mindful and intentional, that we ensure that all of our people are able to thrive and to work in ways that are both healthy and efficient. MBC continues to evolve to meet that challenge. In the last year, alongside growing our membership base, we have put in place an ambitious strategy to enhance the support we provide to our members to enable them to meet that challenge. Our growing membership, increasingly international in nature and moving well beyond the legal and financial sectors in which MBC began, is testament both to the nature of the challenge and the willingness of employers to meet it.”

**Richard Martin**, executive officer of MBC, said:

“I am thrilled to be formally welcoming so many new members that, over the last year, have made their commitment to healthier and more effective ways of working. At its heart MBC is a community of employers coming together to share ideas, learning and challenges, knowing that together we will make so much more of a difference than if we were working alone. Our new members have already shown that we will learn from them as much as they will learn from us. Their commitment, and the renewed commitment from all our members, provides the energy and encouragement to continue our work. We continue to enhance the support we provide to members, whether through collaboration with trusted partners, such as digital wellbeing experts Shine Offline, one to one work with individual members, a growing series of Insight events, the creation of resources to support members or initiatives to tackle unhealthy practices across particular sectors. Change takes time but by making small and deliberate steps on a consistent basis we can achieve great change.”

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](https://clicktime.symantec.com/3NbUhE737vRW25VBqxQ9sas6H2?u=http%3A%2F%2Fwww.mindfulbusinesscharter.com) or contact richard@mindfulbusinesscharter.com.

