



Recruitment pack

**Trustee**

January 2025



## Letter from the Chair

Dear prospective Trustee,

Thank you for your interest in joining Mindfulness in Schools Project's Board of Trustees. It is my pleasure to share a little about our charity.

We believe that every child should be given an opportunity to understand and experience what mindfulness is and how it might help them throughout their lives.

Since our establishment in 2009, we have trained over 10,000 educators to share our mindfulness curricula to over 1 million children and young people. We have also established an international community of mindfulness practitioners who are passionate about sharing their experience and expertise in schools and other educational contexts.

Despite MiSP's exceptional work, it is clear that to achieve our ambitious objectives and ensure our sustainability for generations to come, we need a step change.

Could you help MiSP prepare more children and young people to enter adulthood better equipped to take care of themselves, as well as to positively lead, contribute, and participate in the world? Do you have the time, skills, passion and commitment to join the Board as a Trustee? If yes, we would love to hear from you!

Please see details for how to apply at the end of this paper.

With best wishes,

Richard Burnett  
Chair, Mindfulness in Schools Project

## Who we are

Mindfulness in Schools Project (MiSP) is a charity and community of mindfulness educators united in our commitment to the wellbeing of the next generation, as well as the adults caring for them.

Our mission is twofold: to support today's young people with skills and attitudes that will benefit their lifelong wellbeing, and to ensure equality of access to the benefits of mindfulness in our society. We achieve this through the provision of world-leading curricula for classroom / youth-based mindfulness, and training to support teachers and other educators to deliver them. Integral to our approach is support for educators to develop and maintain their own personal mindfulness practice, as well as whole-school approaches to building positive cultures.

Mindfulness has been shown in a variety of contexts to improve well-being, enhance skills of attention and concentration, build resilience and coping mechanisms for challenging situations and strengthen self-esteem and other social and emotional skills. Our primary focus is to create materials that are accessible and fun, providing young people with the understanding and skills to use mindfulness not just to tackle the tough stuff that life throws at them, nor simply to 'get by', but to positively flourish.

We strive to ensure as many educational settings as possible can access MiSP's training and support. Since 2009, we have also developed a reputation for being a global leader for mindfulness for children. MiSP is thus well-respected for, and often asked to advise on, policy and research work in the UK and internationally in terms of mindfulness for young people and those who care for them.



## Who are we looking for?

### We are looking for new trustees who have:

- A serious commitment to Mindfulness in Schools Project (MiSP) and its charitable objectives
- A willingness to devote the necessary time and effort
- Strategic vision
- Strong, independent judgement
- A willingness to listen as well as speak their mind
- An ability to think creatively
- An understanding and acceptance of the legal duties, responsibilities and liabilities of trusteeship
- An understanding and respect for the distinct role of the Executive in a charity context
- An ability to work effectively, and proactively, as a member of a team
- A commitment to the [Charity Governance Code](#)
- A commitment to our values (see page 5).

An understanding of mindfulness would be welcomed but is not a requisite for this role. We are particularly keen to hear from candidates who have one of the following:

- a strong financial background
- an international perspective on mindfulness and/or education
- potential interest to chair a charity at some point in the future.

... but our Trustee recruitment is also wider than these areas and candidates with diverse skillsets are strongly encouraged to apply.

We are committed to fostering a diverse and inclusive environment and encourage applicants from all backgrounds, ages, and ethnicities.



## MiSP's values

### *Organisation-wide:*

- **Integrity** - upholding the highest ethical standards in all that we do and acting consistently with our values.
- **Compassion** - treating ourselves and others with kindness, understanding, and respect, guided by mindful awareness and wise action.
- **Community** - building an inclusive and supportive environment where opportunities to practice and benefit from mindfulness are accessible to all, regardless of background or circumstance.
- **Collaboration** - partnering with others who share our values to expand the reach and impact of mindfulness among young people and in society.

### *Governance values:*

- **Accountability** - Everything MiSP does will be able to stand the test of scrutiny by the public, the media, the Charity Commission, members, stakeholders, funders, parliament and the courts.
- **Integrity and honesty** - These will be the hallmarks of all conduct when dealing with colleagues within MiSP and equally when dealing with individuals and institutions outside it.
- **Transparency** - MiSP strives to maintain an atmosphere of openness throughout the organisation to promote confidence of the public, stakeholders, staff, charity regulators and public, stakeholders, staff, charity regulators and parliament.

## Role and responsibilities of MiSP Trustees

- Ensuring that the organisation pursues its stated objects (purposes), as defined in its governing document, by developing and agreeing a long-term strategy. Ensuring that the organisation complies with its governing document, charity law, company law and any other relevant legislation or regulations.
- Ensuring that the organisation applies its resources exclusively in pursuance of its charitable objects (i.e. the charity must not spend money on activities that are not included in its own objects, however worthwhile or charitable those activities are) for the benefit of the public.
- Ensuring that the organisation defines its goals and evaluates performance against agreed targets.
- Safeguarding the good name and values of the organisation.
- Ensuring the effective and efficient administration of the organisation, including having appropriate policies and procedures in place.
- Ensuring the financial stability of the organisation.
- Protecting and managing the property of the charity and ensuring the proper investment of the charity's funds.
- Following proper and formal arrangements for the appointment, supervision, support, appraisal and remuneration of the Chief Executive.

Further to the above statutory duties, each Trustee would use any specific skills, knowledge or experience they have to help the Board of Trustees reach sound decisions. This involves scrutinising Board papers, leading discussions, focusing on key issues, providing advice and guidance on new initiatives, or other issues in which the Trustee has special expertise. In addition, depending on skills and experience, Trustees are invited to support the CEO with discrete portfolios of work.

### How to apply

**If you think you could be an asset to MiSP, please complete [our online application form](#) including a cover letter and CV before midday on Mon 24 Feb.**

If you have any questions, or would like an informal discussion, please email our Vice Chair, Maureen Macleod, at [recruitment@mindfulnessinschools.org](mailto:recruitment@mindfulnessinschools.org).



MISP  
MINDFULNESS  
**in** SCHOOLS  
PROJECT

The logo is centered within a white circle on a dark blue background. It features the acronym 'MISP' in a large, dark blue, rounded font, with a red dot above the 'i'. Below this, the words 'MINDFULNESS' and 'SCHOOLS' are stacked in a smaller, dark blue, sans-serif font. A small red circle containing the white lowercase letters 'in' is positioned between 'MINDFULNESS' and 'SCHOOLS'. The word 'PROJECT' is written in a smaller, dark blue, sans-serif font at the bottom of the logo.