



THE MINDFUL BUSINESS CHARTER IN SINGAPORE

1st April 2025 17:00–19:00
Hosted by A&O Shearman
50 Collyer Quay,
#09-01 OUE
Bayfront Singapore





The MBC in Singapore

The Mindful Business Charter is a global community of businesses committed to addressing mental health in the workplace through reducing the cause of the distress, rather than simply raising awareness of the problem or providing support when people are struggling. Our principles and approach have been promoted in the legal sector in Singapore for a few years through Mindful Business Singapore. We are keen to build on the foundations they have created to grow our membership and impact in Singapore, both as a country in its own right and as a key regional hub. Based around a simple Charter, MBC provides the language and the permission to talk about what we need and do not need to reduce the unnecessary stress in the ways we work so that we can work more healthily and more effectively. Although our origins are in the legal sector, we are increasingly cross sector in our work.

We are delighted to be holding an event in Singapore on 1 April from 5pm to 7pm, kindly hosted by A&O Shearman at their offices at 50 Collyer Quay, #09-01 OUE Bayfront Singapore. The formal part of the event will run to 6.30pm following which there will be networking.

The purpose of the event will be to introduce MBC to a wider audience in Singapore, to grow the member base in Singapore and to promote greater collaboration within the business community in Singapore around healthier and more mindful ways of working.

The program, led by our CEO Richard Martin, will include an introduction to MBC, some examples of our work, the business case for getting involved as well as some practical examples of MBC in action. Alongside Richard we hope to hear from local advocates of MBC.

We would like to invite leaders as well as wellbeing, HR and inclusion leads from:

- Singapore offices of existing MBC members;
- Singapore national professional and financial services firms;
- Major Singapore in house legal teams;
- Singapore government in house legal and other professional teams.

If you would like to attend then please email anna@mindfulbusinesscharter.com to book a place. Places will be limited so do let us know as soon as possible.



Find out more about the MBC:

www.mindfulbusinesscharter.com

info@mindfulbusinesscharter.com

