

# THE MBC STATEMENT OF BENEFITS



**Explaining all of the features, resources and opportunities exclusively available to MBC member organisations and their employees**



## The benefits of MBC membership

The Mindful Business Charter provides a framework, language, and permission to address the unnecessary sources of stress in the ways we work so that we can do so more healthily and effectively. You do not need to be a member of the MBC community to use the Charter. However, there are a wide range of benefits which come from being a member. This document explains what is covered by your annual membership fee which we believe is excellent value for money.

### Insight Sessions

- Led by various subject and industry experts including psychologists, researchers and Olympians, these bi-monthly sessions cover subjects such as resilience, hybrid working, neurodiversity and the importance of rest, providing all employees of member organisations with valuable opportunities to upskill and develop, with content driven by member feedback.
- The market value of these sessions alone, were you to source them directly for your people, far exceeds the annual membership fee.
- We strongly encourage members to share details of these sessions with all their staff – which can then form a key part of the annual Learning and Development programme.



## Signatory calls

- We hold bi-monthly calls for MBC Leads (our key contact points in member organisations) – showcasing the work of an MBC organisation to update the community on their journey and share best practice with their peers.
- This is an opportunity to request collaboration and assistance on any area of the Charter you want to work on – giving you inside information on the strategies that other organisations are implementing.

## Resource creation and sharing via the Members Area

- In the MBC community we learn from each other and share ideas, successes, challenges and resources as part of our common purpose. We facilitate the sharing of all this through our member network and the Members Area of the website.
- All employees of member organisations can access the Members Area of the website – an “on demand” library of resources to support their training, development, and wellbeing.
- This includes all the recordings of Insight Sessions and Signatory Calls along with written resources and assets, along with updates of MBC activity and events.
- Some of these resources have been created by the MBC, but many are created and shared by MBC Members.
- The result is easy access to a wide range of resources which you can adopt and adapt for your organisation, saving you valuable time and giving you the benefit of the combined insight of all our members.



## Digital Wellbeing Course

- To help you organisation to develop a better relationship with your technology, to reduce stress, distraction and increase the inability to “switch off”, we provide a free six module course to all employees of MBC member organisations.

## Dedicated annual 121 consultancy support

- All members are entitled to one 2-hour 121 session with the MBC, to discuss candidly your progress with MBC. These sessions are hugely valuable in helping you take stock, refresh ideas, inspire new thinking, explore next steps and benefit from insights across the member network.

## Member events and workshops

- We hold an Annual Conference, an Annual Event, and other hybrid events through the year so members can come together to learn and reinvigorate their ideas and implementation of the charter - all included in the membership fee.
- We are regularly asked to speak at both internal and client facing events run by members.
- We can also run internal workshops around implementing the MBC within or across teams, including teams in different member organisations, providing invaluable learning and insight, as well as a great opportunity to forge new relationships and strengthen existing ones.



## New, and better, working relationships

- By becoming a member, you and other organisations are signalling your willingness to engage in better working relationships with third party organisations – it provides the springboard for conversations around working more effectively together.
- At various events we hold through the year, you will have the chance to network with and learn from a ready pool of people passionate about the subject of wellbeing and better working practices.
- We already have members in various parts of the world and continue to grow internationally. Where there are a number of members with offices in a particular location, we facilitate local discussions between members if it is felt this would enable them better to embed MBC in the context of their location and culture.

## The ability to convene and create an authoritative voice

- The MBC is recognised as an authoritative voice on workplace wellbeing. We use this voice to effect change and its authority comes from our membership base.
- We have received praise and recognition from around the world on work such as the Litigation Guidance, our 2023 White Paper, Transaction Guidance and perhaps, most importantly, for the Best Practice Guidelines. (One for the legal sector, and one for all other sectors.)
- All of this work is only possible because we are able to convene experts, leaders from a variety of sectors, academic researchers and the community at large for the benefit of everyone, directly involved or otherwise.



## Wellbeing survey tool

- In response to member demand, and working with experts from Birkbeck University, we have created our own best in class wellbeing survey tool.
- The survey is based on academically rigorous, reliable and consistent question sets which cover all the key aspects of workplace wellbeing - general wellbeing, psychological safety, job stress, psychological distress, burnout, work engagement, presenteeism, performance and turnover intention.
- While the main content of the survey is set, we can include a limited number of bespoke questions.
- The survey is designed to be run as a one off or regular exercise. We run the survey and analyse the results for you with a bespoke and informed report.
- In time, once we have built up sufficient data, we will be able to offer benchmarking against similar organisations and sectors.
- It is currently free for members to use on an annual basis and we can help you use the output to design interventions to address areas of concern.



## Membership of a movement

- Your membership supports research and development that betters the work environment.
- We present at conferences, workshops, and symposiums across the globe.
- We create taskforces and networks that address the issues that matter to you – with opportunities for your organisation to take part and shape what we tackle next.
- Being part of the MBC community provides encouragement and empowerment to individual members – meaning you can draw upon the strength of numbers – with over 130 member organisations, representing many thousands of employees across the world, we are better able to make the change we exist to effect.

## Annual membership fees

Employees	Fee (excl VAT)	U.S. Fees	MBC fee band
Not for profit/up to 25/legal aid	£525	\$685	A
26-50	£1,050	\$1,370	B
51-100	£1,575	\$2,055	C
101-250	£2,100	\$2,740	D
251 to 500	£2,625	\$3,425	E
501 to 999	£3,150	\$4,110	F
1,000 to 10,000	£3,675	\$4,795	G
10,000+	£4,725	\$6,165	H

The annual fee covers everything mentioned in this document. We feel this represents excellent value for money, especially if you were to consider the cost to source each item separately.



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