



Landelijk  
Mindfulness Symposium  
2021

## Workshop 1.1: Mindfulness and social inequality, a follow-up to the keynote.

Rachel Lilley

**How can mindfulness be used to address wicked problems such as climate change and social inequality?** Rachel's research has explored this question for the past 9 years. She will share some of her learning and thinking during the keynote, drawing from her practical work developing and delivering of a contextualised Mindfulness Based Behavioural Insights and Decision Making course in the Welsh Government, as featured here:

<https://predictingmind.com>, <https://www.bbc.co.uk/programmes/p09djc4n>

Civil servants, political parties and the public sector fail to adequately recognise the significance of cognition, perception and emotion and how they form the ground on which good collaboration, decision making, and conscious subjectivity grows. As policy issues become increasingly wicked, complex and volatile, such as climate change, global pandemics and systemic inequality, the issue becomes worse.

There is a tendency to focus on the mechanisms of mind, emotion and mental health only once someone has become overwhelmed, ill or depressed. Rachel's research set about investigating links between how civil servants understood their own minds and behaviours and how this impacted their work, particularly in relation to policy making and the Well Being of Future Generations Act 2015. Central to Rachel's action research was the development and delivery of an intervention, using mindfulness and behavioural economics, to explore the impact of increased understandings of mind, together with embodied practices, in people's everyday work.

**Rachel will explore this topic in her keynote and go on to delve deeper into the topic in an afternoon workshop, also giving people the opportunity to reflect on how they can learn from and apply this approach as a systemic approach in their contexts in public sector and related organisations in the Netherlands.**

**Dr Rachel Lilley** has over 25 years' experience in community engagement, wellbeing and climate change. Her work has supported leadership development, aimed at supporting more collaborative and co-productive public sector working. She is an expert behaviour change consultant, working with public and private sector partners to design and deliver behaviour change initiatives. She has practiced meditation for 25 years and is an accredited Mindfulness and yoga teacher as well as a fitness instructor and workplace coach.



Her PhD research developed high impact and innovative research in decision-making, mindfulness and behavioural insights to support leadership, well-being and behaviour change policy initiatives aimed at improving sustainability, well-being and addressing inequalities and bias. After completing her PhD Rachel became co-director of Aberystwyth University Behavioural Insights Research Centre. She is also a behaviour change consultant/trainer (using mindfulness) in a Sport England community based project in East Riding, providing research input through a partnership with the Birmingham University Leadership Institute. She has recently joined the College of Life and Environmental Sciences as a Research Fellow at the Centre for Urban Wellbeing

For more information on Rachel's work see here:  
<https://predictingmind.com>