



The Benefits Of A Walking Meeting

Author : Host a Walking Meeting

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WALK

Physical activity that fits into the day

Energised and more alert participants

Different environments can inspire new ideas and stimulate creativity. Problem-solving can be enhanced by the physical activity of walking - “thinking on your feet”.

Time outdoors in the fresh air and daylight improves physical and mental wellbeing

Walking burns calories stimulates oxygen flow around the body which increases brain function and increases the ability to solve problems faster

Engaging the mind and body is a more holistic way to work



Enhanced relationship building

Creativity and new solutions

It saves office resources when there are fewer machines running which makes the workplace more sustainable and green

How to host a walking meeting

Planning suggestions

Organise everything you'll need for the meeting beforehand and include an agenda.

Consider the walking meeting for early in the workday to set the tone for the day and/or late in the afternoon when colleagues energies are spent.

When considering a route, avoid noisy roads that are distracting.

Determine the start location. The course can be set ahead of time for larger groups or can be more spontaneous for smaller groups.



Figure out how long the walking meeting should be with a consideration of your colleague's fitness levels. Estimate the time and consider how to adjust the walk to fit the allotted time.

Make sure everyone gets the memo about wearing comfortable shoes.

Check the weather and inform participants to bring an umbrella so the weather doesn't become a barrier to conducting the meeting outside.

If there is a need to record the discussion or decisions, designate someone to take notes or use a voice recorder.

Who the meeting is with

meetings – meeting as a pair tends to be easier

Small Group – meetings with three or more may take more planning as these can be affected by the width of the walkways etc. This size group needs to be flexible, discussions can occur whilst walking or if desired the group can stop along the walk.

Where to have the meeting

Campus grounds map

Follow the edible walk trail



settings which are both stimulating and convenient

Tips to make your walking meeting successful

Make notes on your smartphone or bring a notepad to record key points of the discussion.

Ask people to switch their mobile phones to silent before the meeting, because people often feel even less inhibited taking a call during a meeting held outdoors.

Set an example: be the first - after a while, you'll have some disciples. Ride out the storm, be the pioneer – you will look better for it and people will want to feel and look like you do.

Move people around during the walk to get varied perspectives.

Following an agenda - Include stops to punctuate the meeting, with each stop representing the transition from one topic in the agenda to another.

Evaluation - Ask for verbal feedback after the walk or use a simple questionnaire

Tags [WALKING](#)



About Author:

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