

Walking Meetings

"Walking is good for solving problems, it's like the feet are little psychiatrists." – Pepper Giardino

Why have a walking meeting

- Physical activity energizes people and makes them more alert
- Different environments can inspire new ideas and stimulate creativity
- Time outdoors, in nature, with fresh air and light, improves physical and mental well-being.
- Walking and talking side by side cuts through hierarchical work distinctions and sets people at ease, which enhances a positive working spirit.
- Walking burns calories, stimulates oxygen flow around the body that increases brain function that increases the ability to solve problems faster.
- Walking and moving allow the mind to become more flexible and can help stimulate the right side (creative side) of the brain.
- We are looking for ways to integrate our work and personal lives, and engaging the mind and body is a more holistic way to work.
- It saves office resources when there are fewer machines running which makes the workplace more sustainable and green.
- A walking meeting can break up a workday, help people stay fit, and make for a more joyful working community.

How to run a walking meeting

- Organize 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 colleague's energies are low.
- Figure out how long the walking meeting should be with a consideration of the workers fitness levels.
- Check the weather.
- Natural settings such as parks or trails work best, but urban settings with sidewalks can be stimulating and convenient. Avoid noisy roads that are distracting and dangerous.
- Let participants know about the walking meeting in advance so they come prepared (eg. Bring comfortable shoes, a hat etc).
- Inform participants of the agenda before setting off.
- Bring a notebook to jot down ideas.
- At the end of the meeting, note contents of discussion and follow-up actions if required.

Ready to walk the walk with a walking meeting?