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 working 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?