

ROADMAP TO A GOOD WALKING MEETING

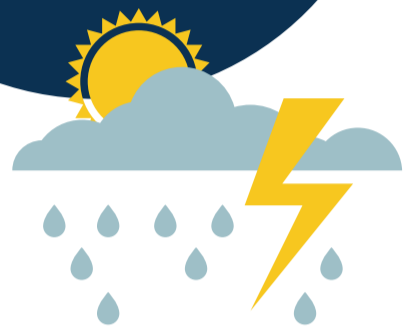


BOOK THE WALKING MEETING IN THE CALENDAR



WALKING MEETINGS STRENGTHENS:

- Creativity
- Relationship to coworkers
- Focus and concentration



THE PRACTICAL STUFF:



WALKING MEETINGS ARE GOOD FOR:

- Discussing topics
- Discussing specific issues
 - Clarification
 - Developing ideas



SAVE TIME FOR A SUMMARY

- Use 3/4 of the time walking and 1/4 of the time to sum up



TIPS FOR A GOOD MEETING:

- Walking meetings work best in pairs of two
- Plan a route that has been tested for time and noise
- Recommended duration 15-60 minutes

APPLY SOME EXTRA SPICE TO THE WALKING MEETING:

- Bring your lunch with you in nature
- Take a coffee to-go
- Choose nature rich areas and enjoy the beauty
- Stop by a bench or view point along the way
- Put your phones on silent

