

# DIFFERENT WAYS TO DO WALK AND TALKS



## TIP

Expect the participant to take 5 minutes to get settled after the walk and talk.

There are a lot of different ways to do walk and talks during the working day. A walk and talk can be used independently or as a part of a longer meeting where fresh air and movement can be a nice break from the working environment.

Here is a list of different types of walk and talk meetings, which you as the meeting leader, can make use of. Figure out what you want to accomplish with the meeting and choose the meeting format which will support it.

### Walk alone

Walking alone can bring ease and energy to the day, but walking alone can also be combined with a phone conversation, a podcast, an audiobook, a webinar or a digital meeting where you don't have to do a lot of talking yourself.

### 2 and 2

When you walk with another person, it makes it an equal, open and honest conversation and this form of meeting is good for the classic MUS conversation.



### Network walk

Start a new work relationship and network with a walk where you can get to know each other.

### Quiet walk

A quiet walk makes room for relaxing the mind or time to reflect. You can walk alone but also walk quietly with others.

### Teambuilding walk

Strengthen the bond with colleagues with funny conversation topics and get to know other sides to your colleagues.

### Problem solving walk

Put a problem, a challenge or a specific topic in focus which the group will talk about amongst each other.

### Onboarding walk

Get to know your colleague both personally and professionally to strengthen your further cooperation.



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