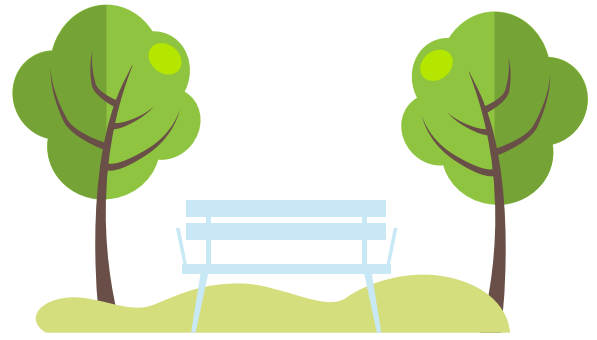


QUIET WALK



During the working day, a quiet walk can bring new energy, relax the mind and collect ones thoughts. A quiet walk can be done alone or more people together. It is important to keep a good distance between you to eliminate disturbances like steps, coughs and so on.

(If you walk alone, then let your thoughts go free)

Quiet walk with reflection

If you choose to take a walk with a colleague where a certain topic demands more in depth thinking, a quiet walk can allow for digging deeper, before discussing the topic later on. Remember to set time aside to sum up when you are reaching the end of the walk.

- Agree on the topic of reflection and where you meet to sum up.
- Keep a good distance between each other, so you don't interrupt each other while walking.
- Do a quick sum up at the meeting point and narrow down the topic for the next quit walk.
- (You can also walk beside each other and the person to the left will share what comes up. Switch places. If there are three of you, the person in the middle will talk.)
- Continue the quiet walk with the same topic, which has now been narrowed down with each of your inputs.



TIP

Bring a notebook on the walk for the good reflections you are making.



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