

The Power of Walking Meetings

Research has identified a link between poor health and reduced resiliency.* Consequently, a quick “walk and talk” with co-workers is not only good for your health, it can also help generate new ideas and improve your resiliency. Here are few simple steps for a successful Walking Meeting.



- Before you start, reflect on your meeting. Some meetings may be better walking meetings than others.
- Check-in with people you are meeting to see if a walking meeting is okay and their preferences.
- Which ones can you change to walking meetings?
- How will it boost your energy and health?

PLAN

- Have a clear agenda and decide on objectives.
- Plan a flat route.
- Keep groups small.
- Follow public health guidelines.
- Get ready with comfy shoes and clothing.



KEEP IT CONCISE



- Review documents in advance.
- Stick to the agenda.
- Encourage participation.
- Embrace silences as participants are moving.

FOLLOW UP

- Make notes when you return from your walk.
- Follow up and give timely feedback on ideas raised.



* Reivich K, Shatte A. *The Resilience Factor: Seven keys to finding your inner strength and overcoming life's hurdles*. New York (US): Harmony, c2003.

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