Walking Meetings

If your schedule is booked full of meetings with little time for a break, consider asking your colleagues to get some fresh air (and fresh ideas!) with you. Consider these tips!

**Have a destination**
Need to pick up or deliver something? Going for a coffee run? Might as well kill two birds with one stone! Walking somewhere puts a time limit on the session, but also takes the pressure off.

**Plan ahead**
Warn your colleagues ahead of time, so they don’t show up in heels when you were planning to take them on a tour of the Wreck Beach stairs. *Awkward.*

**Small groups**
Three is the magic number! Any bigger, and it becomes too hard to walk and hold a cohesive productive conversation at the same time.

**Avoid the crowds**
On a university campus, the busiest times are breaks between classes. The trick is to avoid congested areas during those times! Students are in the biggest rush in the 15-minute interval before the hour (i.e. classes are released by 10:45, 11:45, etc).

**A time and place for everything**
Walking meetings are good for brainstorming sessions, or if you wanted someone’s opinion. They aren’t so good for serious discussions, or if you need to refer to charts and drawing boards.


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