

Walking meeting keeps conversations moving

At a recent all day meeting, we asked participants in advance to bring comfortable shoes. The afternoon session is always hard work at these meetings so we scheduled our group discussion piece to be a walking discussion section.

Groups were asked to discuss a particular work related item whilst they walked outside for 20mins. Groups came back and presented the outcomes.



We found the activity helped energize the group and we were still able to maintain the focus of the afternoon session on a work related issue.

- Mal Healy, Executive Officer, YMCA Victoria