



Make Meetings Fun

Belinda Sanders © Copyright 2007 All Rights Reserved
Word Count: 557

Who wants to attend a lackluster meeting?! Think about recent meetings you've attended. Recall the energy – or lack of it – at those meetings. Did you participate more - or less? What would have made the meeting interesting and exciting for you?

Make Them Interactive

Meetings that are interactive and high-spirited are high-energy. These meetings and the things that happen at them are memorable and talked about enthusiastically around “the water cooler.”

Enhance Retention

Adult retention and receptivity to new ideas, thoughts, and information is greatly enhanced where the attendees are enjoying themselves. No matter the reason for attending a meeting, adults – like kids and teens – just want to have f-u-n!

Shift the Energy

During a recent meeting, the facilitator wanted to shift the energy. The news media throughout the last several weeks was recounting the events of September 11, 2001. Yes....tragedy did happen and we were all influenced by it. The MC wanted attendees to feel uplifted and thankful that they still had their lives to live with joyfulness. They received brief instructions...

The room fell silent as the big group of attendees respectfully circled the American flag. It wasn't a perfect circle really, but a wavering line that weaved through the room and closed at the ends.

Glancing down, I noticed many were clasping the hands on either side of them. Interesting....that wasn't part of the instructions. And, then boldly – yes, boldly and with joy and pride – the room was filled with “Oh, Say Can You See, By the Dawn's Early Light.” Everyone was singing!

This amazing a cappella activity had never occurred at meetings I had attended or facilitated. Occasionally, depending on the group that was gathering, we saluted our flag. We never sang; never in an intimate, family-type manner. Wow....it was powerful!

Good Energy Equals Good Outcome

The energy of the whole meeting had shifted! People were energized, relaxed, attentive, bright-eyed and – best of all -- committed to the outcome. Positive, interesting comments after the meeting were abundant. They wanted MORE!

Meetings That Need Energy

The above story is an example of shifting the energy at a meeting. Through the years, I've facilitated many meetings and classes for various occasions and age groups. They have been business meetings, non-profit and neighborhood meetings, meetings with colleagues, partners and collaborators, marketing and mastermind meetings, adult education meetings, mediation or negotiation meetings....and the list goes on.

Enhance Adult Learning

When new activities are introduced at meetings, adult audiences perk up! Experience has taught me that it's important to bring new energy and alternate activities to meetings to enhance adult learning.

Reasons for Attending

The majority of adults voluntarily attend meetings for specific reasons:

Information: To solve a current problem, concern or to support anticipated future needs.

Education: To participate in the learning of new information, techniques or self-growth.

Networking: To build business relationships or expand professional or personal social/emotional support systems.

Plan Opportunities in Advance

It is essential to take time and energy to create opportunities during meetings for attendees to laugh, share, sing, play, interact or enjoy themselves. Creating these opportunities is best done in advance of the meeting, and will become habit when consistently performed as a function of coordinating and organizing your events.

Information presented at meetings that are fun, interactive and high-energy will be easily remembered and will be recalled enthusiastically by participants.

BELINDA SANDERS runs a company that works with people who want to live their passion with easy to implement strategies and create balance between work and home. Get tips and a free gift when you subscribe to Belinda's Champion Connection newsletter at www.BelindaSanders.com. You may quote portions of this article when you include www.BelindaSanders.com as the distributor and copyright holder or BELINDA SANDERS as the author. You may share this article when this resource box is attached and entirely included.