



Walk to Think® Paired Walking Guide

Tips for walking with a colleague, friend or client.

Before you set off

- Agree the purpose: whose question are we exploring?
- Agree timings, route and roles. Choose a quiet route with space to stop.
- Agree confidentiality: what's said on the walk stays on the walk.

How to hold space (as the listener)

- Listen to understand, not to fix or advise.
- Keep your questions short and open: "What else?" "What's behind that?" "What do you want?"
- Be comfortable with silence. Walking gives people room to think.
- Match their pace and stay slightly alongside, not facing.

When to speak

- Speak to ask, reflect back or invite more, not to share your own story.
- If you want to offer a view, ask first: "Would it help if I shared a thought?"
- If you're the walker, say out loud what you notice. Half-formed thoughts are welcome.

How to swap roles

- Halfway through (or at a natural pause), say "Shall we swap?"
- Take 30 seconds of quiet before the new walker begins.
- Give both people equal time.

What to do afterwards

- Take 2 minutes each to say what was most useful.
- Share one thing you'll carry forward, and one thing you'll do.
- Capture your own notes in your Walking Journal.
- Agree whether to walk again, and when.

Walking with:	Date:	Question explored: