



Ways to Use Walk to Think® with Your Team

A quick guide to the most effective formats. Pick one, try it once, then adapt.

1. Walking 1:1s Swap the meeting room for a 20–30 minute walk. Agree one question beforehand. Best for coaching, feedback and career conversations.

2. Away day sessions Build a 45–60 minute paired walk into the agenda to break up the day and open up bigger strategic questions. Finish with a group debrief.

3. Pre-meeting thinking Send one question 24 hours ahead and ask people to walk with it. They arrive with considered views, and meetings get shorter and sharper.

4. Paired walks inside the working week Pair colleagues from different teams for a 20-minute walk on a live challenge. Rotate pairs monthly to build connection.

5. Stuck-project reset When a project stalls, take the team out in pairs or threes for 15 minutes. Reconvene and share one insight each.

Format	Group size	Time	Best for
Walking 1:1	2	20–30 min	Coaching, feedback
Away day session	6+	45–60 min	Strategy, connection
Pre-meeting thinking	Any	15+ min solo	Better meetings
Paired walks	2	20 min	Cross-team thinking
Stuck-project reset	3–8	15 min	Unblocking work

Our first one will be: _____ **Date:** _____ **Who:** _____