

Engagement Strategies for Effective and Meaningful Meetings



According to statistics listed on MeetingKing:

- 37 percent of employee time is spent in meetings
- Managers attend more than 60 meetings per month
- 47% consider too many meetings the biggest waste of time
- 39% of meeting participants admitted to dozing off during a meeting
- Over 70% brought other work to meetings
- It is estimated that 25-50% of meeting time is wasted
- Research has found that the more meetings employees attended, the more exhausted they felt and the higher they perceived their workload to be.

Considering this data, meetings are still the most effective way to humanly connect with others. Therefore, the only way to ensure that a meeting is worthwhile is to find ways to stimulate the energy and create a structure that works for everyone.

In this workshop, we will share how you can co-create meaningful conversations that are purposeful and results oriented.

Participants will learn:

- Defining a clear purpose for the meeting
- Creating a structure that strongly aligns and supports the purpose
- Building a strong foundation that fosters collaboration, engagement and shared contribution
- Setting clear meeting etiquettes and guidelines that promotes authentic, courageous and empowering conversations
- Forming accountability strategies and action plans

SPEAKER

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SPARK Creations is a heart based leadership and empowerment organization that provides highly interactive and fun experiential learning and development, strategic visioning and leadership alignment, and people and culture programs for individuals, teams and organizations. As the Co-Founder and Creative Essence Originator (CEO), Lorie is energetic, driven, and tireless in her pursuit of self development and people contribution. Over the past 18 years, Lorie has cultivated her coaching, leadership development, and people and culture development experience as both a strategic and progressive senior human resources leader. Lorie is also the Co-Chair for the BC HRMA Learning and Development Roundtable, the Director of Leadership Development, Leadership Coach and Facilitator for Corporate Symphony International, and the Co-Founder and President of Enspire Foundation.

BOOKING

Workshop Fee: \$450.00 for 60 to 90 minutes