

Walk & Talk

♥ Short – 0,5 km, 5 min

♥ Long – 1,7 km, 20 min

A walk of reflection – on your own or together with a friend.

1. How do I feel today?
2. What is important for me today?
3. What will bring me energy today?
4. What is challenging for me today?
5. How will I take care of myself today?



There's also a phone friendly version. Scan the QR code to learn more about our health & wellbeing offer.



Step out of the box and into the nature. Walking outdoors, in natural light and with fresh air, makes us feel good. The creativity increases, it reduces stress, and it boosts energy. Also, by walking next to each other, we become better listeners and we feel closer together. Make your next meeting a walk & talk meeting.

Here are 6 tips on how to set up your next walk & talk meeting:

1. Set a clear agenda for the meeting. What questions do you want to discuss on the walk & talk?
2. Two or three people is a good number of participants for a walk & talk meeting.
3. Decide where to walk. With a walk & talk map, you can share this with the participants before you go.
4. Book the walk & talk in your outlook. Include where you meet up, what you will talk about and if you need to bring something special, like sunglasses.
5. Bring a mobile phone if you need to record something or to take short notes.
6. By the end of the walk & talk, summarize what you talked about. Agree on how it will be documented and what are the next steps (literally).

Every step counts!

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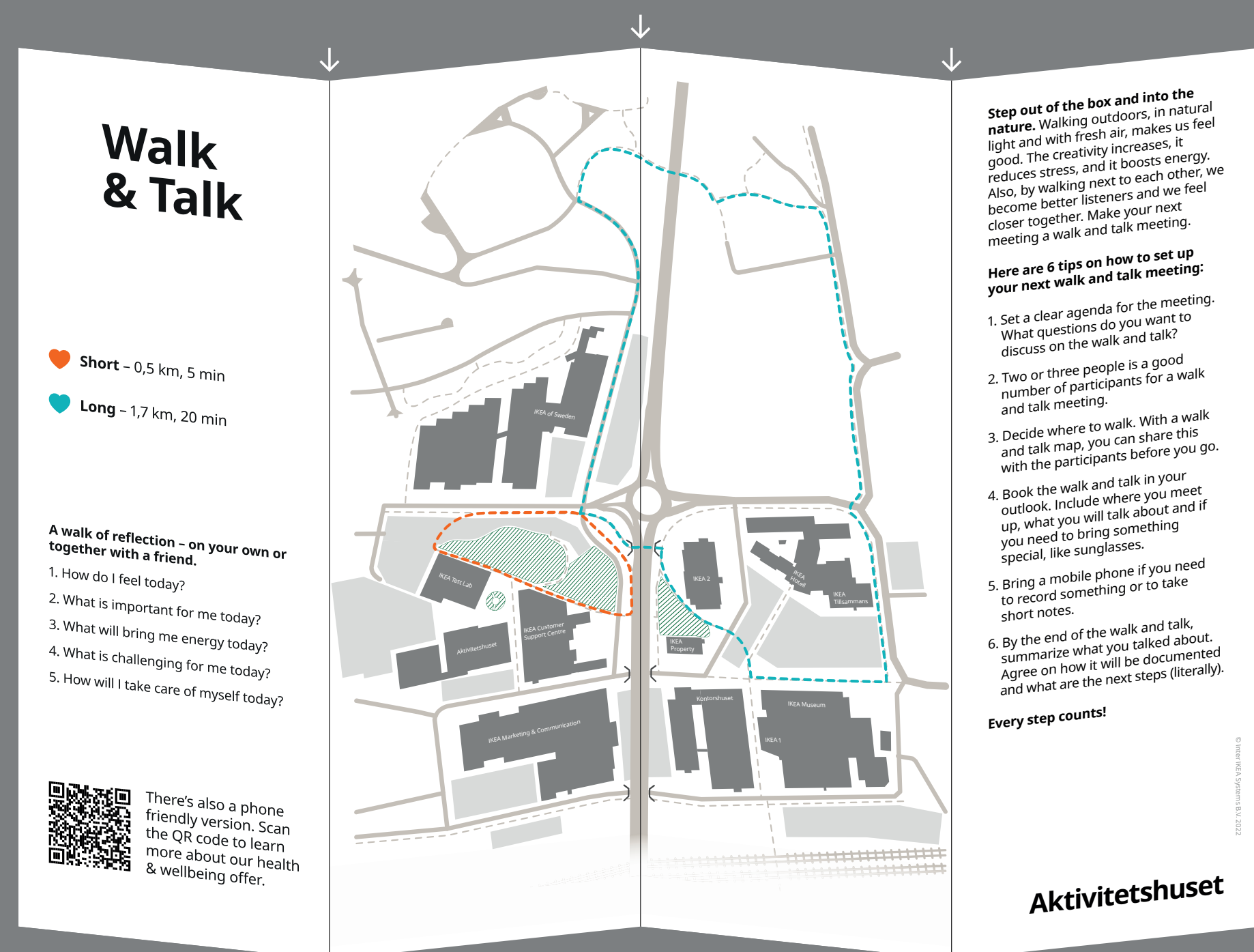


1. Print the file *Map_Walk&Talk_Fold.pdf* on your workspace printer. Your standard A4 printer paper will do just fine!

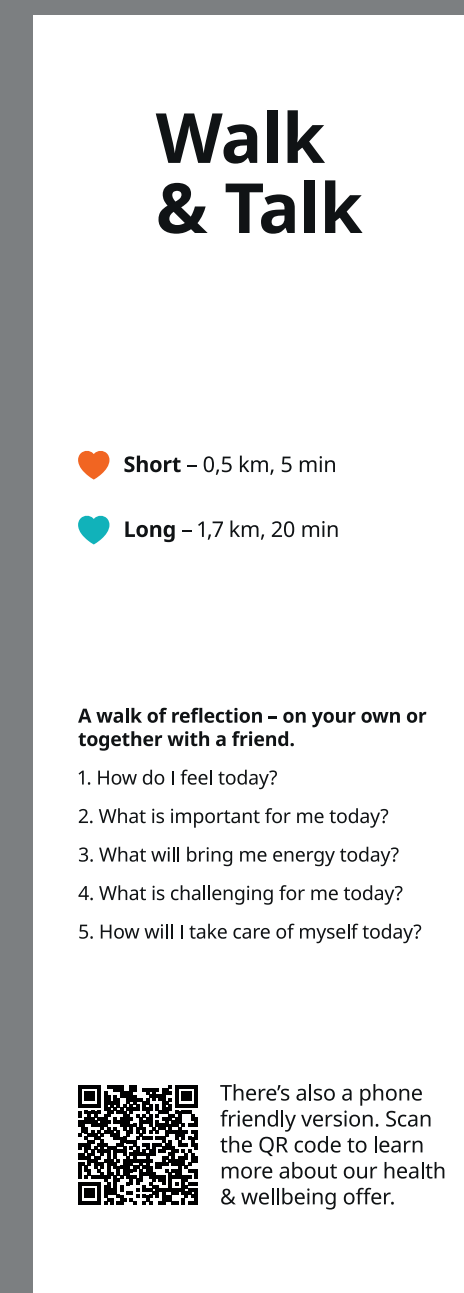
Psst!

Check the box “Actual size” under print settings for a better layout.

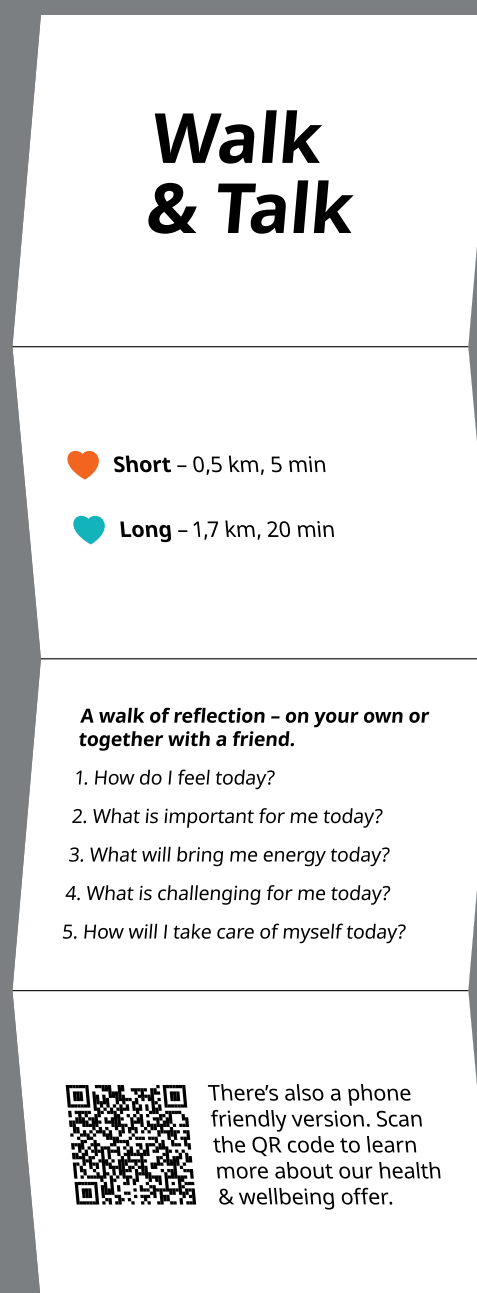
2. Fold your Walk & Talk map 3 times vertically – see arrows.



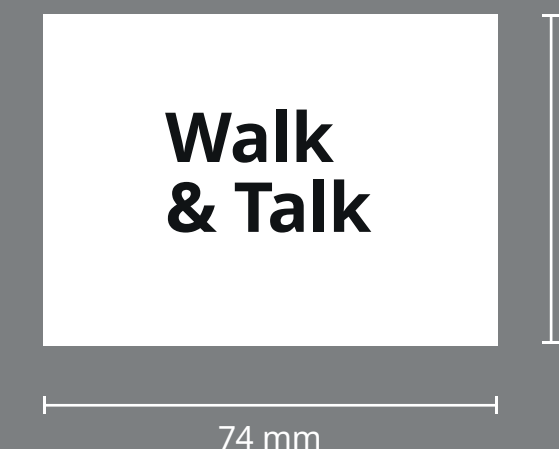
3. The front should now look something like this.



4. Now, fold your Walk & Talk map 3 times horizontally – see arrows.



5. Voilà! A pocket-sized map to carry with you wherever you go.



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