



THE V-EDITION

NOVEMBER 2019

Victory Offices Monthly Update

Have you booked your company's Christmas Party yet?

We're only one month away from the festive season, which of course has to be celebrated with your coworkers.

Celebrate it in style at any of our Victory Offices locations, including the Victory Lounges and our brand new Rooftop at 180 St Kilda Road!

We offer versatile venues and can cater for groups of all types and sizes. It's a fantastic way to celebrate your end of year Christmas party!

Immerse yourself in our gorgeous environment and share the festive season with your colleagues.

We'll take care of the catering, have a variety of drink packages, and of course the best tunes to get the party started.

Until the end of November get 15% off the Venue Hire for booking your Christmas party!

Contact us now via events@victoryoffices.com.au
Or call us on 1300 788 292.

WHAT'S HAPPENING

Christmas Party	1
Walking Meetings	2
Victory Motivation	4





3 powerful reasons why your next meeting should be a walking meeting

A walking meeting is simply that: a meeting that takes place during a walk instead of in an office, boardroom, or coffee shop where meetings are commonly held.

Recent research finds that the act of walking leads to increases in creative thinking. This certainly supports the usefulness of walking meetings. Plenty of anecdotal evidence also suggests that walking meetings lead to more honest exchanges with employees and are more productive than traditional sit-down meetings.

More creative

Those who participate in walking meetings are 5.25% more likely to report being creative at their jobs than those who do not. Additionally, it's suggested that walking meetings support cognitive engagement, or focus, on the job.

Better employee engagement

It's believed that walking meetings lead to better employee engagement by breaking down barriers between supervisor and subordinate or between coworkers. The bonding achieved through walking meetings is seen as a micro version of the bonding that can be experienced when coworkers travel together on business trips.

Cost-benefit

The costs associated with regularly participating in walking meetings are next to nil. Keep in mind that walking meetings are not breaks from work. They are meetings that would have taken place regardless of whether they were held in someone's office or while walking around your office complex. There may be no cheaper way to achieve moderate increases in creativity and engagement.

To be sure, not all meetings are suitable for walking meetings (and not everyone is physically able to participate in walking meetings). Sometimes it is valuable to have materials or a whiteboard close at hand, and sometimes, as in an intense negotiation, it is important to be face-to-face. The best candidates for walking meetings are ones where colleagues are conferring on decisions or exploring possible solutions.



5 tips that can help your walking meeting go well

Consider including an “extracurricular” destination on your route.

Naming a point of interest, provides more rationale and incentive for others to go for a walk.

Avoid making the destination a source of unneeded calories.

One of the arguments in favour of walking meetings is the health benefit. However, this is easily negated if the walking meeting leads to a 425-calorie white-chocolate mocha that wouldn't otherwise be consumed.

Do not surprise colleagues or clients with walking meetings.

It's fine to suggest a walk if it seems appropriate in the moment, as long as it's clear that you'll be fine with a “maybe next time.” But if you're planning ahead to spend your time with someone in a walking meeting, have the courtesy to notify them in advance, too. This allows them to arrive dressed for comfort, perhaps having changed shoes. You might also keep water bottles on hand to offer on warm days.

Stick to small groups.

A maximum of three people is recommended for a walking meeting.

Have fun.

Enjoy the experience of combining work with a bit of exercise and fresh air. Perhaps this is the one piece of advice that doesn't need to be given.

Based on the benefits and the clear case to be made for walking in general as a key to good health, there would seem to be no good argument against making a habit of walking meetings — or at least giving it a try.

Source: [Harvard Business Review - how to do walking meetings right](#)

"THE SECRET OF
HAPPINESS,
YOU SEE IS
NOT FOUND
IN SEEKING
MORE, BUT IN
DEVELOPING THE
CAPACITY TO
ENJOY LESS."

-SOCRATES