

RECHARGE Meeting Energizers

What are Meeting Energizers?

Meeting energizers are short activities, usually in the form of icebreakers or relaxing movement breaks. They are a great way to release tension during meetings and build a culture of wellbeing.

Meeting Energizers are:	Meeting Energizers do NOT:
<ul style="list-style-type: none"> • Voluntary • 1-20 minutes in length • Fun, relaxing, and focus on team-building • An easy way to start or end a meeting on a positive note • An interactive way to break up longer meetings 	<ul style="list-style-type: none"> • Require any special equipment or a professional leader • Cause stress or pain

Background

Using meeting energizers can increase the attentiveness and involvement of participants in meetings. These energizers can also help with team building and are a great way to help people connect while helping to build a culture of well-being in the workplace. Using movement as a meeting energizer is also a great way to incorporate physical activity into the workday and allow employees to move.

How to Implement Meeting Energizers?

Meeting energizers are simple. Get permission from meeting organizer. Then, find the right activity considering the time and space of the meeting. Finally, ask the meeting organizer to lead the activity! Remember: the most important component of meeting energizers is incorporating a mindful way to de-stress and break up the meetings.

Instructions

Consider Logistics:

- **Ask for leadership support:** if you are not organizing the meeting, then use this [email template](#) to ask department leads for their permission to do the activity.
- **Consider space:** make sure that there is enough space for everyone to perform the activity of choice.
- **Plan the Activity:** Here are a couple of things to think about:
 - **Time:** determine how much time you can allocate to the activity. Try spending at least 5 minutes out of 60 minutes leading employees through a simple well-being activity. Meeting energizers are also great for longer meetings that take a half-day or all day. Try incorporating one or more energizers to help break up the day.
 - **Type of energizer:** Select an activity from [this list](#) that everyone can participate in. Think of what your team will enjoy!
 - **Activity leader:** It's ideal to have a dedicated person to help lead the activity. If you can't lead the activity, then ask a colleague to lead it.

Start Implementing RECHARGE Meeting Energizers!

- **Prepare before meeting.** Most activities do not require special equipment or extensive prior planning, but you may need to print or have pieces of paper handy. Check the **What you will need** section under the activity to make sure you have what you need before the meeting.
- **Start the Activity.** Don't forget to mention the benefits of the activity referenced in the Leader's Notes!

TAKE A MINUTE TO

RECHARGE

Tips to Encourage Participation:

- **Turn up the volume.** Meetings that take place in a room with AV—can also provide an opportunity for a music energizer. Play a calming song to set the mood!
- **Change it up.** If specific types of activities don't work for your department, then change it! Ask for feedback and suggestions on what they like to do during meetings.