

## Stop Soul Sucking Meetings

Mind numbing. Soul Crushing. Time sucking. It's off to meetings you go...

It's predictably predictable - who willingly participates and who doesn't. Who outwardly complains, who nods their head in agreement only to umm, passively aggressively just do their own thing anyway. And on it goes.

**What choice do you have?** Just not attend or not hold meetings anymore?!  
**Or maybe, just maybe, you can begin to hold *good* meetings...**

After all, it's not meetings themselves that suck your soul. Bad meetings do.

Bad meetings are just made up of people defaulting. People who can't see they have a choice. Not seeing what they just can't see. Until they do.

When you recognize you've been operating in default mode, and now you have a choice to stop and recalibrate, it's **liberating**.

These are the conditions in which you actually do your best work. Great thinking comes from a relaxed mind that has all its resources available - not from a pressure cooker.

**This freedom breeds clarity to see whether the meeting agenda drains or fuels the mission.** Isn't that what you want? To get the real work done?

Now you have to redefine what the real work is...

- What if you were free to be yourself and lead dynamic mission driven meetings?
- What if people showed up ready to bring their full selves to the table?
- What if everyone was willing and able to collaborate freely?

It's absolutely possible.

---

And we typically recommend *more* meetings, not less. If you're like many organizations, you're used to bad meetings so you might be tempted to bang your head against the table right about now.

**Take a second and think of your favorite people. Work related or not. In any aspect of your life.**

- Do you want to spend the least amount of time possible with them?
- Do you send them an email when they're sitting right down the hall?
- Do you dodge them after you've had a difference of opinion?

Or do you seek them out to share ideas and information - even when your ideas are different or in conflict?

What if you approached meetings in the same way? **As valuable for a legit coming together and asking the hard questions...**all for the betterment of the people involved and organization as a whole. Sounds obvious, right?!

Often simple ideas are not easy to implement. **Are you up for seeing all the ways you've gotten off track?** The roadblocks involved? The themes in play?

The ways people default can show up in any endless combination of crazy making. Yet, there are only a handful of themes or underlying issues that cause the outward chaos.

Curious what these themes are? How curious are you in general? Cultivating curiosity is actually a key component of truly communicating with others. Curiosity about yourself and others.

Organizations often get worked up and sidelined in reactive default camps.

One click on your mental dial can open up a whole new way of being - one you never could've seen before.

**A whole new way to lead.** One that is actually in line with who you are, serves your organization and accomplishes your mission. **Stimulating productive meetings are waiting...Are you *all in*?**