

May 2006 Newsletter

It is no surprise to find that few of us actually enjoy attending meetings. Many of them are long, tedious and unproductive - but they needn't be.

To help you make yours really fly, we've selected some of the great tips in 'The Mind Gym: Give Me Time'.

To make your meetings better, why not try out some of the following?

1. **Pick your location** - swap the boardroom for an environment that will encourage bigger thinking
2. **Get your guest list right** - ask yourself if you need to bring in new people for a fresh perspective
3. **Know the purpose** - are you aiming to inform, generate ideas and stimulate discussion, or reach a decision?
4. **Plan the sequence of topics** - make sure the least informed person can contribute to each item without needing information from discussions further down the agenda
5. **Engage the group** - take a break from the normal meeting routine to help people understand each other's positions, e.g. ask each person to make the case for a view that is different to their own

The Mind Gym works with both individuals and businesses and, like us, they aim to transform people's behaviour by helping them think differently. Blending their great tips and our fabulously refreshing environment, you can **really make your meetings a success!**

Preseli Venture's Activity Conference packages provide the perfect antidote to meeting-tedium. Bring the **right people** to our **inspiring environment** and they will find it easy to **engage** with your agenda. We can help you balance your formal agenda with a range of **stimulating team activities** which are sure to **encourage bigger thinking**.

To learn more about our [Activity Conferences](#) or [Corporate Events](#), call 01348 837709 or email info@preseliventure.com.

Kind regards,

Preseli Venture

To find out more about The Mind Gym and their publications, visit www.themindgym.com

