Podsheet

How to learn more from meetings

Squiggly Careers®

Meetings can feel like time away from getting things done. But in a squiggly career, they're also a chance to learn from other people and build our skills as we work.

Small changes to how you ask questions, listen and reflect can help you learn more from the meetings already in your diaries.

Five ways to learn more from meetings

Notice a skill you want to borrow

Meetings are a chance to learn from how other people listen, involve others and connect the dots.

Choose a skill you want to develop. Then notice how someone does it well and borrow one thing to try yourself.

Increase your question range

Notice which type of question you ask most in meetings (who, what, why, when or how) then try one you ask less often.

If you usually ask "*How do we make this happen?*", try a "*why*" question like "*Why does this matter?*"

Try some next level listening

In your next meeting, pay attention to words people repeat and changes in their tone or pace. Use what you notice to decide how to respond.

It could look like exploring a point someone keeps returning to or offering a pause if they sound distracted.

Make time to reflect

Spend two minutes after a meeting to write down three things that worked well and one even better if.

Try for a week, then look back at your notes to spot patterns. What could you keep doing or try differently in your next meeting?

Frame the conversation

Try sharing and agreeing some principles at the start of a meeting to help everyone learn more.

These could look like "*If you think it, say it*","*If you don't know, ask*" or "*This meeting is for... What it isn't for is...*"

Coach yourself

What do I want to learn by the end of my next meeting?