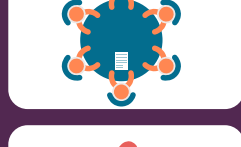


Would You Like to Get Back 1 Working Day Each Month?

Read the research on meetings and take these 3 actions.

Meeting the Challenge of Meetings by Taking Action Infographic



Every single day, there are over 56 million meetings in the US alone.

Source: Fresh Look at the Number, Effectiveness, and Cost of Meetings - Lucid Meetings, 2015



In 2019, the cost of poorly organised meetings cost companies £321 billion.

Source: A New Study of 19 Million Meetings - Inc, 2019



The average UK employee spend 23 days a year in meetings. 13 of those days are wasted in "unproductive meetings."

Source: UK Workers Waste Nearly 13 days a Year - poll by The Independent, 2018



For those higher up the corporate ladder, this figure can go as high as 50%. That is more than 2 days a week being spent on meetings.

Source: You Waste a Lot of Time at Work - Atlassian



According to a study by Bain & Company, organizations spend about 15% of their time in meetings.

Source: Time Is Your Scarcest Resource. Stop Squandering It. - Bain & Co., 2014

Most people consider meetings to be unproductive



A whopping 37% of meetings are considered to be adding no value to the organisation.



91% of employees have daydreamed during a meeting.

Source: How to Run a Meeting - Harvard Business Review 1976



39% have reported sleeping during a meeting.



45% have felt overwhelmed by the number of meetings they had to attend.

Source: Meetings in America - Verizon Business



73% have done other work during a meeting.



47% of employees have complained that meetings are the number one-time waster at the workplace.

Source: Time Wasting at Work - Atlassian

Take Action

Nothing will change unless you do.

You can get back 1 working day each month by stepping back and challenging yourself on the average 62 meetings that you have each month. Here's how:

Action 1: 5% of your meetings

Delete 3 meetings in the next 4 weeks. You don't need to be there. Go through your diary now.

Savings: 3 hours

Action 2: 10% of your meetings

For one in three of all 1-hour meeting requests for the next 4 weeks challenge that it can be done in 45 minutes. You will achieve it for at least 6.

Savings: 1.5 hours

Action 3: 10% of your meetings

For 3 meetings that you email the meeting invite, only book 45-minutes.

Saving: 1.5 hours

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