



neat.

The Meeting Movement

Today's flexible work policies are fueling a video revolution, prompting businesses to enhance employee well-being, social interaction and distributed creativity.

Work is a thing we do. Not a place we go!

How and where we meet is being radically redefined by a new way of working. It's creating a meeting movement where people are no longer required to be in the same space to unite in daily tasks, projects and common goals. Yet as humans, we have a fundamental need to be together and stay connected.

With teams dispersed between the office, home or out in the field, an increasing number of businesses are examining how their employees can connect, socialize and engage more closely.

Not only to keep people in sync while building and preserving company culture but also out of concern for their teams' physical and mental health. Many are reconfiguring their office spaces and furniture for optimal room ergonomics and aesthetics to help their workforce feel more comfortable, happy and productive. Because as humans, when we feel at our best, we perform at our best!

Encouraging employees to move more

Now that video collaboration has become ubiquitous and often takes up much of our day, empowering teams to move more freely while remaining absorbed in meetings with colleagues is vital in helping everyone stay healthy, energized and engaged. Besides all participants being able to see and hear everyone clearly, another primary wellness focus is choosing task chairs that, along with specific video capabilities, give people more scope for movement.

Wherever we work, whatever we do, it's simply not good for us to sit static over our desks or laptops for hours on end. It leads to fatigue or, worse still, burnout. Regular movement is key to ensuring your teams remain robust. Flokk, Europe's leading task chair manufacturer, recommends active sitting, which helps keep your body moving while seated (read about active sitting).

A recent study entitled Workplace Sedentary Behavior highlighted this issue further, linking sitting for too long with various health concerns. These included cardiovascular disease, type II diabetes, obesity, several types of cancer, musculoskeletal conditions and all-cause mortality. In another report, workers who sat for at least eight hours a day were said to be 78 percent less productive in their job. And in 2019, illness-related lost productivity cost US businesses more than \$575 billion and 1.5 billion days, according to a study conducted by the leading research organization in health and productivity Integrated Benefits Institute.

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- Integrated Benefits Institute

Beyond meetings to casual social encounters

When considering our social interactions across dispersed teams, we need to think beyond meetings to those spontaneous and often casual social encounters around the coffee machine, water cooler, etc. How do you capture and enrich encounters like bumping into a colleague in the kitchen or walking to a meeting and quickly exchanging ideas?

As stated by corporate wellness consultancy Aduro, "When people flourish, organizations thrive." They also benefit from having employees who feel connected. "Employees with a best friend at work were seven times more likely to be engaged in their job responsibilities," according to analytics and advisory company Gallup. Generally, all of us need to be loved and belong. We need to feel good about ourselves and be recognized by others while striving for personal development.

Therefore, when we evaluate where and how we're all working these days, we need to maximize every social interaction and experience we face. A distributed workforce demands distributed creativity, compassion and understanding. That means inspired meetings, brainstorming and off-the-cuff comments and ideas during ad-hoc discussions. For that next brilliant idea to emerge, everyone needs to be on the same page, continuously in tune and within easy reach across all kinds of spaces and everything in-between. In other words, we all need to feel intuitively in touch.

Helping define your new way of working

Neat is helping businesses of all sizes navigate this exciting new way of working, providing rich, equitable and inclusive Zoom and Microsoft Teams meeting experiences throughout an endless number of rooms and spaces. Thanks to pioneering innovations such as Neat Symmetry, Neat Bubble and Neat Boundary, Neat enables your employees to feel like they're in the same place, equally upfront and involved, regardless of where anyone's working. Creating a genuine sense of community across your entire in-office and remote workforce, few aim further than us when supporting the meeting movement as it gains momentum.

To learn more about how Neat can help you define your new way of working, visit neat.no.

