

# Energize your monthly board meetings



Energy at board meetings can change from meeting to meeting and may even change during one meeting. Some energy is good and some is bad. Sometimes there is more energy and sometimes it dips or disappears. The energy can come from all different places including directors, past meetings, items on the agenda, and difficult decisions. Be aware of the energy at your meetings and make it good and strong.



Do your board meetings

- Focus on business/governance?
- Encourage directors to “think outside the box?”
- Build the board as a team?
- End up with excellent decisions?



Sometimes you need more than a chairperson, a minute-taker, an agenda and a watch. You need to manage the energy and take care of the people. Directors are volunteers and deserve to have productive, creative and yes, even fun board meetings.

Stretch yourself and  
try some energizers  
and activities at  
your board  
meetings

## A bit of stretching...

- Do a round-robin “check-in” at the beginning and end of every meeting to see how people feel. It may be something about the meeting or it may be something from outside that is weighing on them.
- Really review and approve the agenda
  - Is the timing right?
  - Are the items in a good order?
- Brainstorm
- Use a facilitator instead of a chair
- Present information in different ways: videos, charts, PowerPoint, guest speakers

## Try being a contortionist and include energizers and team building in your board meetings...

Everyone stands in a circle with their arms out to the side: left hand palm up, right index finger point down and touching your neighbour’s palm. When the leader says, “Go”, try to grab your neighbour’s index finger but don’t let your other neighbour grab your index finger. The leader should be dramatic and suspenseful. This is a real attention grabber that can be a fun start to a meeting.



Let’s call this random counting. With a group of people, your are going to count as high as you can with each person saying a different number. The tricks are:



- You don’t know who is going to say the number
- You can’t use any signals to get someone to say the number
- You just use your intuition and say the next number when you feel it’s right.

If two people call out a number at the same time, the group must start again at one.

## Google “brain writing” and “mind mapping” for ways to be creative with your decisions.