## FIT

The FIT model for meetings is a helpful way to create a learning environment in your meetings.

* **Frequent**—make sure your team meets frequently in a team-meeting environment. It can be once a month, once a week, etc. Having your team together in a group will help them engage each other, communicate and dialogue. This is essential to any learning environment.
* **Informal**—make your meeting less formal. This way everyone puts down his or her guard. Use an icebreaker activity or energizer. Making your meeting informal will allow your employees to share and learn. When it is formal, you will get very little interaction.
* **Team building**—make your meetings about team building. Topics like updates, reports, etc, are best delivered by other means like email in a presentation. When your team gets together, celebrate achievements and discuss what went well and how they can do things better the next time. Also, bring in some new information to learn. Make it a mini training session. Create projects for them to accomplish in the meeting.

Notes

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