



A mindful approach to better meetings

At Hyatt, wellbeing has always been an essential part of who we are, and a key pillar on which Together by Hyatt was built. Whether you are hosting an intimate gathering or large-scale meeting, it's our mission to ensure each event is as enriching and successful as possible.

From meditation breaks to thoughtful, sustainability sourced menus, we'll leverage our wellbeing expertise to help you find the right balance for you and your attendees.

Developed by Hyatt in collaboration with Juliet Funt, author of "A Minute to Think" and Fortune 500 advisor on combating business and burnout at work.

7 PRINCIPLES OF MINDFUL MEETINGS

Intentionality:

Center meeting around being present and personal outcomes



Mind Body Flow:

Harmony between body and mind leading to exceptional performance



90-Minute Rule:

Maintain flow with a balance between core content and restorative breaks



Nurture with Nature:

Connect with nature to promote creativity and engagement



Authentic Connection:

Shared experiences lead to deeper relationships



Individual Growth:

Expand your content delivery through discovery and learning



White Space:

Curated time without assignment



For more information and full access to the Principles of Mindful Meetings Guide, contact us at wellbeingcollective@hyatt.com.