



# No Meetings Wednesdays: survey results

Prepared by **Elsa Mendes**

Date 19/08/2022

- ▶ Average overall score: **9.1 / 10** 🚀
- ▶ 97% of participants would like to keep the policy (some would even like to see it extended to more days!).
- ▶ 76% mentioned that on NMW they mainly focus on deep work and check occasionally other modes of communication (ex. Slack, email).
- ▶ 60% reported that the overall number of meetings decreased.

+ Positive impacts and highlights	👤 Negative impacts and things to improve
<ul style="list-style-type: none"> <li>▶ More focus time / deep work</li> <li>▶ Increase in productivity due fewer “distractions” / “interruptions”</li> <li>▶ It means trust</li> <li>▶ It gives flexibility (ex. work from a coworking / open space) and work-life balance</li> </ul>	<ul style="list-style-type: none"> <li>▶ The need to reduce the number of meetings overall, instead of moving them to different days</li> <li>▶ Consider a different day as mid-weekly touchpoints are useful/needed for some teams</li> <li>▶ Blockers due to slowness of responses via alternative ways of communication</li> </ul>