

# Leading by Walking About

**Leading by walking around** is a creative and innovative approach to enhancing leadership in early career researchers.

## What are the benefits?

- A quick way to generate ideas
- Enhances creative thinking

## More benefits?

- Supports getting things done quickly
- Develops decisiveness, action planning and goal setting

## Provides an opportunity to:

- Network with others
- Reflect on skills
- Set goals
- Work in teams

## How it works....

The approach includes walking and taking turns in leading different conversations. Participants will work in groups to identify topics to talk about and plan their walk. The session will conclude with the walk and development of an action plan.

## What does walking do that can't be done in the classroom?

Walking helps to:

- Generate ideas and enhance creativity
- Taking the lead whilst walking helps to increase leadership awareness
- A useful technique to get researchers networking and interacting
- Provides time and space to reflect.

## Is this new?

It's not a new technique and has been around since the 80's.

## How is it relevant to researchers?

It provides opportunities to focus on specific tasks and reflect. The change of environment and activity provides focus and the physical journey can help participants to transition and progress their personal development journey.

## When can I use this?

The approach can be useful as part of goal setting and action planning. It's also a good icebreaker and leadership task.