

REDUCE ZOOM FATIGUE

You can make a difference
with a small change -
START TODAY!



PROBLEM

- The ease of remote access to work and Zoom have resulted in decreased natural breaks between meetings. As a result, meetings can stack up back-to-back resulting in “Zoom fatigue.”
- In addition, meetings are not always used in an effective and efficient manner.
- Continuous remote meetings can have a negative impact on employee productivity and well-being.

PROPOSAL

1. Create standard breaks between meetings.
2. Initiate an organizational expectation across UNMH, SRMC, UNMMG, and HSC to incorporate breaks between meetings by shortening 30- and 60-minute meetings to 25 and 50 minutes respectively.
3. Enable the change with a standard of starting meetings at :05 or :10 after the hour. (If we try ending meetings early, we usually run over...starting later is easier to adhere to than ending early)

Supporting Literature: 50 MIN MEETING

Forbes Magazine: "The 50 Minute Rule Makes Virtual Meetings More Productive According to Neuroscience"

Harvard Business Review: "The 50 Minute Meeting"