



## Video Meeting Check-in Sample Survey

Is your office having weekly video “Check-Ins?”

Consider conducting an *anonymous* survey of the team.

1. On a scale of 1-10 with 10 the highest, how much value are you getting from these meetings?
2. Are they too long, too short or just right?
3. If your camera is usually off, is it because you're:
  - a. Multi-tasking
  - b. Not dressed for camera
  - c. Don't see the point

*Check all that apply*
4. If your camera is usually on, is it because:
  - a. You want to make a great impression on the boss
  - b. You truly miss your colleagues and want to see and be seen
  - c. That's the rule
5. What would make video check-ins more valuable?

Feel free to copy this info into your own survey platform. But remember, don't ask questions you don't want the answers to! And if you do ask, be prepared to make changes based on the feedback.

For more ideas on how to make your meetings, pitches and interviews more effective, visit us at: [www.distinguishedcomm.com](http://www.distinguishedcomm.com)

***Let's Talk About It!***