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MEETING SNOOZE

More than one in three Americans have attended workplace meetings where at least one participant fell asleep, according to a new survey.

The December survey of 1,216 American workers by Interactive Meeting Solutions of Santa Rosa, Calif., found that 29 percent of the country's work force now attends three or more meetings a week.

"Despite all of our advances in science and technology, the art of the American meeting is still very low tech and low touch," says Chuck McPherson, president of the meeting facilitation company.

In fact, he says, high tech often hurts rather than helps meetings: "The most widespread use of technology in America's meeting rooms are the use of Palm Pilots and cell phones by meeting participants to play games, and the use of the pager to get oneself called out of a dull meeting using a phony excuse."

According to the survey, 8 percent of American workers admit to playing electronic games during a company meeting. And 5 percent of American workers say they have had a friend or co-worker give them a bogus page or cell phone call as a phony excuse to get out of a boring meeting.

For more information on the survey, as well as an interactive tool to assess the quality of your meetings, go to MeetingTruths.com.

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