

Meeting Overload Is a Fixable Problem

by Rebecca Hinds and Robert I. Sutton

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Summary. The authors of this piece have been studying how organizations can make the right things easier and the wrong things harder since 2014. In every workplace they’ve studied, helped, or worked at, they’ve found that meetings create wasteful and soul-crushing... [more](#)

Francesca is a community manager on the marketing team at Asana, a company that builds work-management software. Always enthusiastic about trying new ways to make her job easier, she volunteered for the company’s “Meeting Doomsday” pilot study, where she and eight of her fellow marketing colleagues sought to reduce the amount of time they spent in meetings.

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