

The very best leaders I know are masters of candid, convivial and compassionate communication and conversations particularly in the following 15 areas I call the meaningful meetings matrix.

## Meaningful Meetings Matrix

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<b>Self-leadership</b>	Self-talk - meditation	Self-talk - gratitude	Feedforward	Feedback	Reflection/ Mentor
<b>Performance Leadership</b>	1:1 check-in	Performance Possibility	Career Development	Peer-review	Master-mind
<b>Change Leadership</b>	Visibility (LBWA)	Debate	Decision	Town Hall	After-action-review