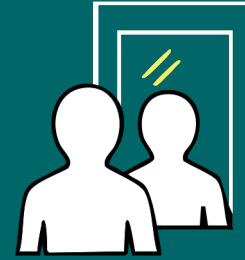




Quiet moments matter

What if the secret weapon
is silence?

Pause prompts



Reflection improves retention by solidifying insights and understanding.

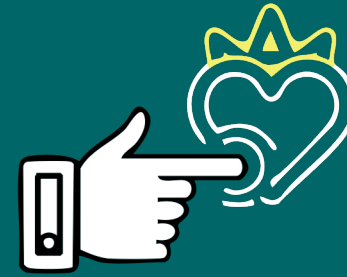
We often overlook the power of pausing and reflection when we plan our presentations. When we gift people this time to process, they don't just rest, they are able to digest ideas, connect dots, and find meaning.

So, halfway through a session, why not show a visual, a video or a quotation and invite participants to spend 60 seconds in silence jotting down thoughts.

Share and compare in the room or digitally (you can also use this to fuel open discussions at the end of your session).

Reflection improves retention by solidifying insights and understanding—cognitive psychologists call it a form of spaced learning paired with active recall.

Micro-journaling moments



Transition from “heard it” to “own” it.

After each session, offer a brief journaling window. Use prompts such as:

“What is one way you can apply what you have learned?”

“What will you do differently or more/less of now?”

“What do you want to know more about this topic?”

Even two minutes gives your brain time to transition from “heard it” to “own it.”

Research from Harvard Business School (Di Stefano et al., 2014) shows that people who reflect—even briefly—improve their performance by **up to 23%**. In our experience at Vantage, attendees also love a great journal (even in our digital age).

Quiet corners



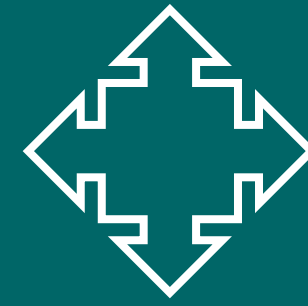
Our minds need breaks from stimulation to recharge and consolidate information.

Set up a breakout room in virtual venues or a real room at live events and communicate this to participants as a “Quiet Lounge” where people can briefly disconnect, reflect, or simply breathe.

Research shows structured quiet times enhance creativity, emotional regulation, and decision quality. Our minds need breaks from stimulation to recharge and consolidate new information. Without breaks, continuous stimulation leads to mental fatigue and reduced cognitive capacity.

Introverts and neurodivergent people often need ambient calm to process - quiet spaces, quiet protocols, safe spaces for authentic thinking. Extroverts benefit from deeper and less reactive engagement.

Think-pair-share



Democratise the process of learning.

Build silence into this classic engagement structure. Pose a question. Provide a problem to solve. Give people 30-60 seconds to reflect in silence.

Then have them share in pairs and again in groups of four. Ask the groups of four to report back top learnings. By asking small groups to prioritise you democratise the process of learning.

Moreover, the process of sharing thoughts in small groups results in a shared knowledge map - hundreds of distilled takeaways that capture what resonates.

Remember to harvest insights by making them visible.

End on a quiet note



Ending in silence makes space for meaning-making.

Most events end with noise: applause, wrap-up chatter, action lists, rushed goodbyes. Instead, as part of the closing each day, try one of these techniques:

/ End with a single image, short quote, or visual metaphor. No narration. No CTA.

/ 60 seconds: *“In one sentence: What will you take forward from this?”* No discussion. Just pause. Write. End. Let the silence carry the meaning.

/ Guided breathing: *“Let’s close with one deep breath. Eyes closed, shoulders down. Think about the one thing today that shifted something for you.”*

These quiet sign-offs create ritual, concentration and offer a collective breath that carries meaning.

Contact us to explore how we can
help you integrate more quiet into
your next event.

Mishe Schemmann,
Creative and Strategic Director
m.schemmann@vantage-global.com

www.vantage-global.com

