

Learning in a Virtual World

Preparing For Your Session

Although we won't be in a formal classroom, we will still be in a learning environment so to ensure that it is a productive learning environment for all, please note the following:

Using Zoom

- **A Zoom account will be required.** Please ensure you have signed up and have a Zoom account before the session date. It does not have to be a paid account, a free one is fine.
- It is expected that participants will use both video and audio functions during the training.
- We understand that Wi-Fi can be an issue, if you need to switch your video during the session to reserve band width, please let us know.
- Having everyone visually and audibly present means we increase the opportunity for sharing experiences, getting problem solving peer support, raising our own questions, making comments and sharing our concerns.
- In recognition of Zoom Fatigue Syndrome we will take breaks during the session and encourage you to leave the screen, get a drink, a breath of fresh air etc.
- Please feel free to have snacks and drinks to hand and ensure you are comfortable in the space in which you are working.

Your Workbook and Pre-course Exercises

- If provided, please have the workbook and any completed pre course work to hand.
- We understand that not everyone will be able to print out the workbook or other materials or have numerous devices open to access them. The aim for providing them before the session is to allow you crucial thinking time in advance of some of the conversations we will have – so really, just a read through and a few notes you can refer to will help you to contribute to and get the most from discussion. So please don't worry if are unable to print, you will still be able to participate fully.
- Questionnaires/self-assessment exercises however, should be completed in full where at all possible especially those that have scoring.
- Your trainer will establish some guidelines and protocols for the course on the day. Please do let us know if there is anything specific you need to ensure you are able to fully engage in the training.

Thank you and we look forward to seeing you online!