

Trainer Zoom Connect Community Tips

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RANDOM TIPS

Stay calm no matter what happens – it's all fixable.

Pause for mindfulness breaks.

Find your high energy people on Zoom and engage with them.

Don't call on the obvious introverts as it bothers them.

Play to your strengths.

Do some or a lot of what you feel comfortable with – but add more.

Follow a structured schedule that includes more regular breaks (every hour if possible).

Breakout group clarity of expectation:

- Repeat the question, type it into the chat, and pause before sending people to breakout groups.
- It can be disconcerting for someone who may have missed the question and then finds themselves in a small group expected to speak.

Ensuring participant safety:

- Start with lighter questions. For example, a one-word response question input in the chat.
- Move from safe questions and build to more vulnerable ones.
- Share guidelines: "No one obligated to share personal information."
- Do Regular check ins – ask how people are doing privately in chat.

INCREASING ENGAGEMENT

Call people by name:

- Start doing this early on.
- Use your moment when you ask people to put their name on the screen to say things like:
 - o “Hey [name], I’ve seen you’ve just put your name on your screen . . .”
 - o Invite chat conversation and note: “I see [name] has written . . .”

Balance mediums:

Diversify what you do to respect neurodiversity. This could mean many things, some examples are:

- Bringing in something tactile like a LEGO activity
- A physical movement for yourself and the group
- Holding up a sign
- An object lesson activity
- Moving around the room (e.g., “I’ve got a sticky on the ground behind me that I’ll use as my marker for where to stand that captures my full torso when I want to demonstrate a de-escalation movement for DPVS.”)

Use an Annotation tool (e.g., a word search through Google).

Play a media/audio clip (song, video, etc.) and ask participants to think about it in a certain way. Cue them so they’re actively engaged.