

**ONLINE
FACILITATION
FOR
ANXIOUS
SOULS**



ANXIETY IS A POLITICAL ISSUE

TIPS FOR FACILITATORS

GET TO GRIPS WITH THE TECH

- 🔥 How will you use the interface and tools available
- 🔥 Chat box, screen share, break out spaces, virtual background etc
- 🔥 Do you need support or co-hosts?

SAFETY

 zoom-bombing

SET THE SPACE

- 🔥 Outline the session at the start
- 🔥 Introductions/check in (?)
- 🔥 Any questions ?
- 🔥 Tell the attendees the ways in which they can engage and interact in the session
- 🔥 It's ok to set some ground rules/ suggestions

- 🔥 Let attendees know what they are in for
- 🔥 Will you be recording the session?
- 🔥 Give attendees options
- 🔥 Is there a 'safe-space policy' and what does it mean?

Attention span is massively reduced on zoom!

MISC. ANXIETY TRIGGERS TO BE AWARE OF

- 🔥 Its not like face-to-face conversation
- 🔥 There WILL be tech disturbance
- 🔥 People will often look bored/ serious /
distracted
- 🔥 You have to look at your own face

ONLINE MEETING PROS (FOR ANXIOUS PEOPLE)

- 🔥 Facilitators have more defined role.
- 🔥 Chat box means you don't have to physically impose self in order to get heard.
- 🔥 As an attendee you can define your own level of engagement
- 🔥 You can leave whenever you want

ANXIETY IS AN
EMPATHY TOOL