



How To Participate In Zoom Sessions

About Zoom

If you haven't used Zoom before, it is a web-based video conference platform. You'll need:

- A computer or tablet (ideally one with a camera so we can see each other) with access to the internet.
- Earbuds or headphones are recommended so we can hear each other well.
- OR you can join by telephone if you aren't able to access to the internet.
- You do NOT have to have a Zoom account to attend a Zoom meeting.

We'll give a visual tour once we're together inside Zoom.

To access the Zoom video conference:

1. Click the link provided in the email sent out before the session. You will be prompted to download a small application file to run Zoom.
2. You will access the audio through your computer by clicking "Join Audio by Computer" when the window pops up.
3. If don't have access to the internet, you can join by telephone using the phone numbers provided in the Schedule on Basecamp.

Tips for participating in a Zoom circle:

1. **Arrive early.** Five to ten minutes is helpful to navigate the technology as well as allow your heart and body to settle before we begin.
2. **Avoid distractions.** Did you see that on your computer screen! An incoming email notification! A Facebook post from one of your favourite people! A news headline! A received text! It's beautiful that we can have so much information on our devices. But these wonderful notifications can also be very distracting. When possible, close the programs and notifications and put your phone on silent.
3. **Close any unnecessary applications.** It helps to minimize distractions as well as allowing processing power to be used to maximize the quality of your Zoom session.
 - a. **Note:** If your connection is unstable, you can stop your video to help improve your connectivity to the Zoom session.
4. **Have what you need to take care of yourself.** We aren't taking a formal break during the session, so have what you need to be comfortable (e.g. tea or coffee, extra water, reading glasses, notebook and pen, earbuds or headphones, etc).
5. **When talking, give people verbal cues for what they might be lacking in visual cues.** For example, saying something like "I pass the talking piece" or "piece back into the center" at the end of speaking signals that you are finished.

Look forward to seeing you on Zoom!