

Virtual Connection & Collaboration

Group Contributions

**** Prompt ****

What is a critical habit or mindset I need to change to make this transition successful?

A word or phrase coming up for me is...

- Habits
- Health
- Patience
- Joy
- Presence
- Flexibility
- Fun
- Connection
- "Keeping the conversations alive"
- Connectivity
- Equity
- Engagement
- Global Consciousness
- Connection to self, possibility and opportunity
- Presence, creating ritual
- Relax
- Slow Down
- We've got this!
- Choice
- Beginner's mindset
- We are in this together
- We are doing ok
- Equanimity
- This actually works quite well
- How much we can support each other
- Try new things
- Appreciation; connected; energized
- A word or phrase that is coming up for me is...how can we make the most of this?
- Be flexible
- Patience
- Be well prepared
- Holding time and knowing when to talk
- Intentional informality
- In whole new territory
- Anxious
- Organised!

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- Different
- Don't let the perfect be the enemy of the good
- Positivity
- Patience
- Be patient with the process
- Empathy
- Boundaries
- Mental and physical health
- Connection
- Flexible
- How do we keep it magnetic/engaging?
- Lesson
- Design
- Consciousness
- Habits
- The language we use is so important
- Fresh air
- Grounding
- Grounding.. it's a daily thing within my control I can do for me with positive flow on effects for others.
- How to use our time and how to be during this
- Structured time can be our friend.
- Intentionality
- A word or phrase coming up for me is intentionality
- Intentional Connection and Collaboration
- Uncertainty
- Complexity
- Uncertainty
- Learning to be with uncertainty (no right answers) and being with how things are
- There's no playbook for this
- It's ok to take some time to figure out what to do next
- New paradigm with no clear answers
- Focus
- You don't have to be a Lone Ranger in this - we're in it together
- Isolation and Lonely are two different things
- Individual challenges
- Shared connection
- Togetherness
- Things...
- Hopeful
- How to make a plan of action
- AN idea that stood out to me most
- How the technique can create safety
- Trying to be all the things at once
- Authenticity and togetherness
- Need to increase my confidence/belief in myself
- Challenge ourselves with this question: when do we need to be physically

together, and when
can we gather
virtually

- Embrace the change
- Opportunity
- Openness
- Connection
- Hope
- Patience
- Hope, Biology of belief
- Empathy
- Hopeful
- Insightful
- Trust in Team
- All of us together
- All for one, one for all. Don't leave anyone behind.
- Open-up
Communication
- It's more interaction
- A word or phrase coming up for me is community
- The word or phrase coming up for me is meaningful connection
- Insightful

- Important to be clear about the purpose of meeting - and to work out whether
- Managing anxiety
- Tension
- Fatigue
- Self-preservation
- Keep the human in technology
- "Change is the only constant"
- Dealing with discomfort and becoming adaptable
- Uncertainty
- Curious and excited
- Nervous
- A word or phrase coming up for me is.... anxiety
- Change is constant
- Motivation
- Approaching the unknown
- Keep human in technology
- Having boundaries around time for the work day and understanding

group video or one-to-one phone (or something else) is best.

everyone's time may need to be spent differently than normal

- The difficulties associated with bringing my client base online when they may not be comfortable in an online environment or not have quality access. Thrive not survive
- Balance
- Gratitude
- Self care
- Adjust and adapt
- Evolution and adaptation
- Ambiguity.
- Stubborn
- Let Go
- Collaborate & Share ideas of what works/what doesn't and remove the

- competitor fear
- Less negativity and
- more positivity
- Distraction
- Transformation
- Everyone together

An idea that stood out to me the most was...

Mindset

- Threat to opportunity mindset shifts (re: essentials in personal and professional worlds)
- Creating normalcy in a world of uncertainty
- Focusing on what will it take to make this work
- Perfection = impossible - so we shouldn't beat ourselves up about not being perfect
- Make it good not perfect
- Don't need to always be perfect or be in control.
- The Chaos is ok.
- Accepting chaos - I much prefer control
- Being realistic about time
- Keeping momentum
- Moving past vulnerability

Facing & Embracing Change

- Change is constant and amongst it we will get through with Collaboration and community
- Acclimation
- Hope
- Embrace uncertainty
- Opportunity for deeper engagement
- Being accepting. not fighting it
- Adaptability
- Accepting
- ... that this CAN work, even if it's not ideal.
- Vagueness of constant change

- How people are still feeling very busy right now

Intention, Structure & Routine

- Be intentional - about your time and space and how you communicate. Set a routine and create direction & focus.
- Intentionality
- Being intentional about how I use time
- Being intentional
- The need to be intentional
- Continuing routine eg. commute- leaving the house before and then after work day too
- diversity, but similarity
- Intention is the baseline need of all work- online or in person. BUT especially online
- Ritualised moments of reflection and connection
- Separating personal and work, physical movement
- Intentional practice; noticing, learning and reflecting on decisions that might move closer, or further away from goal/value
- Creating new routines. and new "non-routines"
- Everything is blurring into one - time, work / life, etc ... make time to stop.
- Consider the cultural context
- Time is valuable
- Stay focused.

Wellbeing & Relationship with Self

- Sleep hygiene.
- Sleep hygiene
- Exercising when unable to go outside
- Protecting human interaction
- Take intentional breaks - get up and move
- Intentionally set time to exercise
- 'Self' being the centre of control
- Reflecting on your spiritual practice
- Breath

- Practice Meditation
- Recalibration of Thought Patterns

Opportunities

- Discovering the superpowers people have in this new environ
- We can leave behind bad habits from the 'real world' and do better in this virtual one
- Put energy into opportunities
- Finding
- Sketching and drawing
- Creating new online community habits/ways of connecting. eg. virtual lunch
- What I have learned about working from home
- Treat this as an opportunity and ask what will make this work?
- Physical movement as a way to get into the zone, everyone can connect to this practically
- Finding opportunity to be helpful to others
- Grow your food!
- Learn by doing
- Switch from productivity to helpfulness

Connection & Relationships

- Gathering people for a morning ritual
- Facilitating humour and lightness
- How to be present in different roles in life - work, family, etc.
- Developing our own sign language :)
- Make space for informal connection (not just formal meetings), e.g., Zoom lunch, drop in times, etc.
- I have to bring my cocktail party self to work now! (Spontaneous, connecting, open to whatever comes up, embracing everything from joy!)
- We are connecting more deliberately

Virtual Connection

- Was how can we create virtual touch
- Using Zoom not Teams so we can use the break out rooms
- Deeper intimacy and connections online than offline - is it possible?!

- Virtual face to face
- An idea that stood out to me the most was How to bring the energy to video meetings
- Making virtual world better than the real one.
- We are the leaders of working remotely because right now not everyone has the capacity around the world due to access to technology
- Reproducing experiential intensity online
- “Keeping the human in the technology”

Offline/Online

- Taking the time for yourself away from digital space
- Considerate of digital divide
- Virtual lunches
- The virtual session is much better than expected
- Observe people online as if they were in the room
- Having ways of distilling focus for online engagements
- FUN online tools - ICT can be daunting so lets make it fun!

The critical habit or mindset I want to focus on is...

Mindful Connection With Others

- Active Listening, Patience
- Cultivating empathy
- Getting engagement correctly
- 'Deep and meaningful connection' not 'virtual white noise'
- Thinking more before I speak
- Not talking over people in virtual environments
- Creating the right amount of space for banter
- Being present in whatever I am doing in that moment - be it with my kids or at work (especially with kids though!)
- Enabling other people to be present and for their wisdom to emerge
- Maintaining strong connections
- Inclusion and cultural awareness
- Concentrating and connecting
- Actively Listening
- Act as if you are in the office - make the call to a colleague that you would normally just walk over to!
- Stay focus and in touch with colleagues on achievements
- Tech doesn't do Andy
- Very good patience in virtual world because of technology
- Discipline and connect with others
- Remembering to lean outwards as well as focus internally in my family and friend
- Trust in people and their motivations. know we're in same boat, and keen to make it work between us, even with diff conditions.
- The belief that everyone is finding new ways of working exciting and fascinating

Staying On Task

- Focus

- Keep moving throughout the day
- Keep going; don't freeze
- Staying focused
- Need to quit procrastination, increase my ability to be flexible and achieve a lot in small time frames
- Try to achieve flow - don't get distracted

Work-Life Balance

- Work is work and home life is home life
- Having dedicated time and space for work.
- Separating work and home
- Breaking the 24 news cycle with contributing habits (personal and professional)

Planning Ahead

- Prepare and plan my day/week the day/week before
- Being organised - married to a timetable!
- Getting up and prepared just like I would if I were going in to the office
- Balance - planning & prioritising my work, start and end times for work, plan wind down time
- Positivity and being intentional about my use of time
- Being good at this for the long haul
- Follow the plan so to achieve result
- Setting up a daily routine that I can enjoy
- Structure my days, and then be adaptable in the moment

Trying New Things

- Using different platforms together
- Innovating, trying new things, positivity
- Positivity & Innovation!
- Creativity
- Learning new skills
- Being more playful so that I can make the best use of the time I reserve online with individuals I work with

- Learning how to do this really well.

Being Open To Change

- Flexibility
- Open-ness
- Adaptability
- Preparedness
- Celebrate small wins!
- Focusing on the opportunities not the tension
- Get more exercise and be open to new ways of thinking
- Being flexible. Keeping audience engaged
- Intentional proactivity
- The critical habit or mindset that I want to focus on is... experimentation
- Being adaptive and open
- Growth Mindset
- Flexibility and openness
- Holding space for the experience to unfold
- Creation and positivity
- Resilience
- Patience
- Abundance
- Trusting my heart and hope and looking at the positive instead of the fear caused by the unknown and difficulties
- Embrace uncertainty
- ... experimentation
- Accepting emotions are they are, as they rise. Letting them be and focusing my attention to what I can control right now, taking each day at a time. Being willing to experiment and try new things.
- Acceptance
- Stepping in regardless...

Presence & Intention

- I need to slow down . . . be patient with the learning curve both for me as a leader and for my team.
- Taking the time to breathe and reset
- Serenity
- Levity
- Positivity
- Calm
- Presence
- Being present
- Slowing down and being present
- Being slow and deliberate
- Grounding practice
- Keeping positive and not letting the negative overwhelm
- Connecting with my purpose. What the fuck am I here for? How is what I am doing/feeling helping this?
- Openness
- Self-mastery

Mindsets

- Expansive mindset and peripheral vision
- Nothing is too hard, it is possible
- The critical habit or mindset that I want to focus on uncertainty is uncomfortable.
- Thinking I'm the only one
- OK to not have a plan to work from yet
- Lead last

Technology & Inclusion

- Inclusion of people with different levels of technological ability.
- Helping people understand technology
- Technology can be my friend

Routine & Habits

- Creating personal certainty through rituals

- Limit time on social media; stop rumination; notice the good
- Improving sleep hygiene and meditating daily
- Improving my sleeping patterns
- Hard stop for me and not touching my face

Teamwork

- Support from the group
- Collaborate more in small teams (3-6 people) - don't go it alone, and don't waste too much time with very large groups too often
- From doing things myself to togetherness

The critical habit or mindset I want my team to focus on is...

Staying Connected & Supported

- Community: a mindset of 'he waka eke noa' - we're all in this together.
- Positive reinforcement and care
- How can we best work together through these critical times and why we are here for
- Helping others, being empathetic
- Community
- We are here to support one another
- Getting through this together - we can do it!
- It's ok to get messy! We're all in this together and the old rules no longer apply. Be kind, be forgiving. Staying connected in meaningful ways
- Creating rhythm of communication
- How we can support others
- Grounding
- Not working in silos - joint objectives
- Mindset - "Choose the kinder story."
- Patience with each other, sharing contexts for understanding and empathy
- Always come back to purpose & outcomes, then process, then technology
- Engagement and motivation
- Regular connection and wise use of time
- Community
- Staying connected
- Streamlined comms
- Staying connected as a work community
- Regular communication and team sessions to run over particular project parts or ideas that are forming
- That we can be more immediately with each other than we think
- Embrace virtual connections
- Keeping in touch and respecting people's individual circumstances and work/living situations

- Critical habit or mindset that I want my team to focus on is maintaining and growing the internal relationships

Mindful & Respectful Interaction

- Accept each others different perspectives and views and be respectful
- Taking away and cleaning their dishes :)
- Being fully present in the meeting
- To be hyper aware of others (consider your online behaviours and their impacts)
- Mutual respect and nurturing mana
- Trust each other that we can do it.
- Collaboration, empathy and commitment
- Accepting the challenges we all face, trusting each other and working together to make things work. Acknowledging the emotions we are all facing openly together so we can find ways to honestly support each other
- Respecting other people's time and need for focus. Trying to find ways to make that work
- Being compassionate of one another
- Generous and kind
- Togetherness and support, what's working
- Inclusion and clarity of action
- To be patient with everyone and over-communicate to ensure effective communication

Upskilling

- Helping my team upskill in new tech
- Stay positive and upskilling in digital skills and tools

Taking Initiative

- Stepping up
- Asking each other what they need (rather than assuming we all know) to achieve their goal
- Be brave
- How to not waste the opportunity for change - personal, political, planetary - the crisis presents

Being of service and support

- The most vulnerable in society right now
- Help our clients in doing this and doing this right
- Hold empathy and intention
- Responsibility
- Connecting and being of service, to the inner self and community at large.

Growth Mindset & Positivity

- Staying positive
- ...a “can do” attitude (empowerment in the face of adversity)
- Being patient and learn
- Be open to opportunities in the uncertain.
- Patience and agility
- Adaptiveness agility
- Trust and openness
- Easier to do than to say
- Outcomes rather than justifying existence
- Change and a bit of uncertainty are okay.
- Change is okay and this isn't normal BAU
- Acceptance
- Openness
- Collaboration, being open-minded
- It's ok to be uncertain, let's get comfortably uncomfortable with it
- Positivity, trying new things, being open
- Positivity
- Positivity and learning for coming out the other end
- Staying positive/optimistic

Productivity

- Completing all tasks
- Maintaining the good momentum
- Self care with occasional bouts of productivity

- Small, empowered teams - with all the skills and authority they need to get stuff done without depending on others outside the team

Creating, Sharing & Collaborating

- Creative innovation after an authentic needs assessment
- Positivity and innovation! Same as me :)
- Re-invention and a bit more risk-taking
- Creativity and sharing new ways
- Doing this together
- Collaboration
- Remaining creative & collaborative
- Creativity
- Discipline not to broadcast but create participation
- Open objectives with both personal and team ones
- Leading, shaping & creating
- Taking responsibility, thinking of the bigger picture, reflecting on what new systems we are creating
- Stronger intentional collaboration
- Respect and Collaboration
- Honesty and collaboration

Focus & Intention-setting

- Setting outputs/outcomes from the start of calls/meetings
- Having an intention and core values that they use with every decision and every interaction that they have- and setting that and rechecking that constantly throughout the day and week.
- Focus more on connection and less on making money
- Balance
- Focus with our current new normal to find a new routine and balance

Taking Small Steps

- The habit or mindset I want my household to focus on is how to eat an elephant.
- Eating elephants and taking my dishes away afterwards
- Take tiny steps

- We don't need to know or do everything right now. Let's focus on short sprints and see what opens up for us

Taking time to breathe

- Pause - break the routine of panic; remember we will get through this; be grateful for the time apart and together
- Breathing and pausing
- Being more patient with themselves and others.
- Slowing down to speed up - this is lovely :)
- Slowing down to speed up
- Wellbeing/balance
- Slowing down

A pattern I could see emerging is...

Making Plans & Setting Intentions

- Intentionality
- The need for ritual & connection to create a sense of normalcy
- Intentionality and being gentle with ourselves and others
- Intentional Focus v intentional down time = balance
- An openness to new things and intentionality, and self-kindness
- Taking time to plan for work and for yourself
- Intentionality
- Everyone talking about intentionality
- Balance and time
- Doing things with Intention
- Balance
- Intentionality
- Presence

A New Way Of Working, Living & Connecting

- That people see online engagements as an opportunity to build better habits
- How to help each other change habits, maintaining connection within this new way of working
- More virtual collaborative meetings, less travel!
- We have entered a new time and spatial relationship to the world.
- Positivity - self-care and success are both possible
- Team working around the clock
- Working from home v online existence
- Spending too much time in front of the pc
- More people will want to work from home in future.
- Lots of future infinite verbs getting used

- Work life balance
- A pattern I could see emerging is...action!
- Focusing on what matters - grounding and connection
- It's unfamiliar and familiar
- Systems

Stronger Together

- We are all trying to navigate this
- Stronger together
- The desire to stay connected in meaningful ways
- People need connections and we need to find new ways to do so
- Valuing our time and sense of connection
- Connection and collaboration
- We are all in this together
- Community
- Compassion. looking out for others
- Better consideration of others
- Empathy
- It's about the people and relationships
- 'Don't ask for whom the bell tolls'
- Collaboration & empathy
- Reserving for the bigger picture together
- Perhaps a stronger awareness of acknowledging our emotions and sharing these with each other.
- Creating vibrant shared visual spaces and annotating together
- Care and connection
- True connection and understanding between all of us

Embracing Change

- Exploration of new ways
- Willingness to find opportunity in the face of change
- Patience, support, flexibility, collaborate and be honest
- People trying to keep calm and carry on

- We are all in the same boat and are stronger together! :)
- Focusing on connection and different ways to stay connected and positive
- Resilience
- Continual growing/learning
- Patience
- Acceptance, collaboration
- Hope
- Intentionality
- Positivity!
- Balance

Responding to uncertainty

- How to build or maintain trust at a time of continuing uncertainty
- Fear and trepidation, not knowing if its safe to push ahead in the uncertainty
- Some people feel more worried and others more hopeful right now. Many of us are focused on adapting to a changing context.
- To leverage technology to make life better.
- Uncertainty and hope
- Adapting to new -new ways of working :)
- Pattern that I could see emerging is higher degree of people working remotely and business adopting that as acceptable
- Next level isolation
- Distraction
- Is a lapse in people's professionalism

Wellbeing

- The desire to sustain social/emotional wellbeing
- Mental health,community, collaboration

Facing Challenges

- Anxiety from not being organised
- Downward spiral

- Everyone is facing great uncertainty, there is a strong need for flexibility and structure

Connection & Communication

- To connect and continue engaging
- Communication skills, taking time to handle energy
- Reassurance in connection - we're all in chaos and it's ok
- A need to be connected whilst we are apart; A desire to be positive
- Being kind
- Attentive
- Connection and flexibility
- Connection
- Virtual connection
- Increased participation
- Louder voices within a group
- Sharing
- Positivity, collaboration
- Collaboration

Positive Outlook

- Positivity
- Positivity and Hope! <3
- Wholeness
- Optimism
- Positive thoughts
- Compassion, trust, innovation
- Learning
- Increased accessibility to facilitation services by using online environments.

A question coming up for me is...

For the months ahead

- How can we sustain this way of working for a long period of time?
- What else we can do to improve our WFH approaches for the long haul?
- Can we maintain our enthusiasm to engage in month 2, 3 and beyond?
- What does my job look like in this changing space?
- Where am I headed next?
- What will normal be like in our future after this is to some form of resolution?
- How long will we be in this space...at which point does it become the norm?
- What will the world look like when this is over? What will my relationships look like? What will be the new norm of working? What will I discover about myself and others? What different relationships will I have created?
- How long? How to capitalise on the real potential of this...
- What are the structures that resonate with this new way of working? How do we bring out all the good things about connecting remotely?
- What is in my control? What is out of my control?
- What does the future look like?
- How much respect people will give for the nature in the future ?
- I.e. a sense of losing control/awareness of responsibilities
- Will I have internet next week?
- How long??????
- Is this the new normal?

- How far can we take this

Taking Action in Uncertain Times

- How to make it happen when everything is falling apart.
- How to create space for action from the place of contradiction/combining polarities?
- How much am I really going to be able to achieve at this time? Are the next few months going to be a write-off
- How to encourage my team (and self) to continue to go slow
- What is the most useful thing to do? - community project wise

New Ways of Working

- How do we avoid a jump to digital and shift to true new ways of working
- How do we adapt when we are restricted by tools?
- How do we create the spaces where we can imagine the previously unimaginable
- What new systems are we creating with our new behaviours?

Virtual Connection/Engagement

- What is my most energising virtual connection tool/platform to sustain virtual engagement (awareness of my draining/energising points)
- How to facilitate humour and lightness into virtual meetings? How to keep people engaged?
- Can we really connect with so many ppl virtually? Should I cap my regular connections to 20 ppl. A smaller circle of support?
- How do I manage a whole day of zoom interaction and engagement?
- How to sustain the spirit of collaboration more often.
- How do we maintain/regain our humanity in this virtual world, and with this opportunity
- How do I stay connected in meaningful ways with the technology that I have avail to me (for example, my company will not allow us to use zoom)
- How to manage screen time and still spend time with all the legends...

Maintaining Physical and Emotional Wellbeing

- How do I do this while I'm struggling with my own mental health too? Clouded headspaces etc

- How do I find ways to slow down and remind myself of this positive, calm, and optimistic state I am in now
- What do I do with all of the stuff fizzing in my brain? ;)
- How do I balance my fears around work and financial security with my desire to do good, impactful work and make connections at this time?
- What is my diary of habits
- Daily habits
- How to encourage my team (and self) to continue to go slow
- How to pace myself
- How are you? How is everything going?
- How to hold it together when stuff gets hard
- How can I deal with isolation better?
- Will still be myself and as real as I am now after all of this is passed?!!

Sharing

- How can I spread the word
- How do I share this so it lands?
- How do I share what I know to help others right now
- How do I share this effectively?

Technology & Inclusivity

- How to do this with people less technology equipped or educated
- How do I keep my cats off my keyboard?
- How to collaborate if no online tools are available?
- How to include people who are bad with technology?
- How can we keep people informed with the next page of the story

Online Tools

- How can I learn all these zoom techniques ?
- How to facilitate breakouts with Zoom?

Integrating Session 1

- Now, how can I apply this to the work and interactions of my team.
- How do I apply this session's learnings into my own work and circumstance?
- How to manage all of these ideas?
- How can I practice to be as awesome at this as Kaz!
- How can I influence this positively in groups where I am not the leader?
- What else/where else can I learn more?!

Helping and Supporting Our Communities

- How do we connect with more vulnerable people and provide the deeper level of support required
- What do people need
- How can I help others?
- How can I contribute to the wellbeing of those around me - virtually and nearby?
- How can I help people new to working in this way create healthy rituals and stay focussed and connected?
- How can I help you? Have you considered that you get to be the hero in your story now?
- What is the most useful thing to do? - community project wise
- How can we make this an even playing field for humanity?
- How can we continue to work in this context while supporting our communities where needed?
- How do we make sure we include the vulnerable, those who might not have access to technology etc?
- Shift in language towards community, compassion, transparency, authenticity, Truth.
- How to use this time transform ourselves, and how we operate, for change how we do things for a better world.
- How can we retain this shared feeling of Love and Kindness without fear and hate, moving forward

Physical Distance & Connection

- Where is physical presence a necessity?
- Where is physical presence an enhancer?
- How can we build better relationships in this time without physically being together
- Where is physical presence nice to have, but not necessary?
- How to maintain physical distance and social connectedness
- How to stay connected and expand connections to communities like this on a regular basis?
- How can I best maintain connection with my team, my colleagues, clients and suppliers?

- How to connect without necessarily having a purpose for doing so
- How to decide which online groups to focus on? There are so many
- How to truly connect and be cultural aware of differences in learning
- How to make connection authentic?
- How to keep connection and not let old ways bog down the new
- Why do I see the few f2f connections that I have so different from the virtual connections that I'm building?
- How do we work with people who have different learning styles
- Will there still be F2F?

Productivity & Motivation

- How do I feel less pressure to do rather than sit and enjoy this home time? How do I make sure to stay on mission? How do I keep being inclusive?
- How to maintain momentum
- What am I not doing that I should start doing?
- What do you want to achieve?
- Is this the way to work
- How can we better motivate ourselves?
- How to reserve time for doable task
- Where can I start to act, what can I do to make a difference?

What are you doing to stimulate office social habits?

Catch-ups & Check-ins

- Lunch together
- Lunch dates, driveway walks on the phone
- Virtual coffee, drinks etc
- Zoom Coffee or Wine Catch-ups
- Virtual Wed drinks
- Virtual coffee
- Setup group WhatsApp for real time
- Daily Wellbeing Check-ins with each team member
- Building a bit more social time into meetings at the start and end
- Calling individuals who I'd otherwise bump into at random, for no purpose!

- Practicing Virtual Interaction-Calling my team members over chatting
- Checks ins and outs
- Fun chats
- Teams check-ins
- Walk to the mailbox and connect with a neighbour
- Daily huddle of whole virtual team for 15 minutes
- Daily team zoom calls and morning and end of day
- Video on and be aware of your background

Fun & Games

- How to create the spontaneity?
- We set time specifically for laughter and light heartedness - bringing silly hats to the meeting or creating funky backgrounds
- Drawing games
- Emojis
- Drawing together / scribble.io
- Dancing in front of zoom camera, change posture when sitting in front of the screen.

Open to ideas

- Haven't had enough experience in this medium to say at this point..
- Not Enough at present

What have I been enjoying?

- Slower pace
- The time to breathe
- Gardening
- Walks at 5am
- Self-care, mindfulness, meditation
- The meaningful time with friends
- The sunshine and the rain
- My puppy
- Cooking and being able to walk in nature
- Seeing people online
- Peacefulness of roads
- Humour, memes, my cat
- Short commute :-)

- Having my family all home
- Not knowing
- Downtime
- More home-cooked food

What I am reading right now:

- Children of Virtue and Vengeance
- Animal Farm and How to Change the World
- Love in the time of cholera
- Cyber security
- Boundaries of the soul - a practice of Jung's psychology
- Originals by Adam Grant.
- No Ego
- Weather Makers
- Twitter - don't do it!
- Small island by Andrea levy
- The power of now
- How to fix your scrum
- Grit and grace
- The future we choose and dumbo feather
- The Order of Time - Carlo Rovelli
- No Ego

I recommend watching:

- Ted talks
- Watch - child musical prodigies!!!
- Call My Agent (French)
- Little women
- Less
- Animal videos; Italian mayors yelling at citizens
- Daniel Schmachtenberger
- The sunset!
- Borgen and Brooklyn 99
- Elementary
- Comedies
- Tiny Desk Concerts NPR
- The Test (cricket tragic)
- Outside the window
- Star trek

I recommend doing:

- Giving urself a hug
- Getting out in nature
- Going for a walk in the woods with your puppy
- Smiling at anyone you see (from a distance) and sharing what you can
- A hippy hippy shake shake when you wake up
- Ringing an old friend
- Go for a walk, move
- Meditation
- Yoga!
- Breathwork
- Build shared space
- Meditation and stretching
- Examining the day each day
- Exercise every day. Call your friends every day
- Movement
- Tell people when you're thinking about them
- Check on those that live alone as they are probably feel so so isolated

Wrapping up

What is your biggest challenge right now?

Going From Offline to Online

- Getting across new platforms like Zoom, Coda really quickly
- Fatigue from video - loved the breakouts / paper activity
- How do we sustain energy/engagement with continual screen time on the virtual landscape?
- Getting security clearance for use of some of these tools
- No online tools allowed other than approved network tools, which we do not have access to currently
- I facilitate public meetings so translating what used to be in person to online settings with groups that are not teams but members of the public for interactive discussions.
- Tools
- Too many tools
- Making people tech savvy
- Need to practise using new tools in safe environment
- Translating a design shop into the virtual world

- Redesigning face to face advisory workshops etc to work virtually, and redesigning client expectations about meeting blocks
- Use of my physical space in the digital
- Facilitating think tanks online
- Activate and assist insurance agents to sell non face-to-face
- Developing my “toolbox” on online facilitation skills, particularly those that can replace highly-visual systems-exploring techniques

Adapting

- Achieving flow state in this jumpy time
- Don't just translate...!
- You have to design
- New tools with LS
- Mum getting back into the working world after a year away, when so much in this world of collaboration develops over time
- Uncertainty

Access and Inclusion

- How to get sight on vulnerable children. And bringing vulnerable community on the ride with you
- Inclusive practice in the virtual space
- Older generations not engaging with online tools
- I'm up to speed with technology but often our clients are not. They're struggling with working from home and even Zooming.

Collaborating & Coordinating As A Team

- How to create cultural awareness for participants
- Getting consensus on difficult questions virtually
- Knowing and feeling we are on the same page
- Wanting to do things live but time zones are difficult
- How to break the attitudes and behaviours of those who are reluctant to use the new tools!
- Connection
- Staying connected with all teams

- Ambiguity and anxiety from team members
- Getting everyone to be open to new ways of working
- Social connection within team
- Formal v informal
- Lack of face to face - no water cooler opportunities
- Facilitation and ideas
- Practical facilitation methods / ideation / tools

Work-Life Balance

- Home/work boundaries and routines
- Managing family times
- Downtime
- Parenting

Priorities

- Revenue
- Balancing time to deliver but invest time in tools to learn how best to deliver
- Decide where to start
- Trying to start a team and keep track of our time!
- Juggling priorities

Wellbeing

- Fatigue
- Engagement and wellbeing
- Staying calm and centered
- Wellbeing
- Worrying
- Hypochondria!
- Finding a balance between personal vs work life (cause the balance has gone now)
- Comms tools and managing different levels of anxiety across team members (some hopeful and some very gloomy)

Working Remotely

- Providing remote volunteer support
- Being physically apart
- Remote
- Getting the word out that we can still engage
- Staying connected
- Interaction and giving people an experience

Management

- How to manage project work with incident response
- Management

Staying Focused

- Staying focus
- Creating focus
- Focus
- Staying focused on my work
- FOCUS - Narrowing down tech options
- Focus
- Simplicity
- Drive
- Attention, energy
- Minimising time having calls/video calls to discuss small topics
- Managing time of team members and myself to be more synchronised
- Staying connected with other departments, minimising video for the small chats

Not having a team

- Not having much of a team
- Not having a team.
- Don't have a team ... my challenge is I need to learn learn how to use these different platforms

What do you want more of?

Tools

- Zoom tricks and tips
- More tools that can work across other teams
- More collaboration tools so we can brainstorm online and save everything at the end
- Practical tools to work virtually with teams
- Tools
- Tools are helpful
- All of it - tools, collaboration and how to facilitate
- Engaging tools during virtual presentations
- Yeah, Miro
- Miro
- Tools Miro board session
- Looking more in depth into certain tools
- More awesome tools like these...

Liberating Structures

- More Liberating Structures activities
- More liberating structure activities

Discussion & Exploration

- Connecting with others
- Dancing - playfulness
- Post session discussion space with participants
- Discussion with others
- More depth to explore ideas

Facilitating Workshops Online

- How to facilitate workshops online
- Online collaboration, innovation
- Virtual icebreaker ideas!
- Strategy sessions for uncertain times

Facilitating Workshops In Person

- Whiteboard and facilitating strategic Planning/business planning
- Effective presentation to ensure engagement
- Ideation sessions and strategies for integration of physical engagement during meetings
- Conscious leadership
- Conscious leadership

Support

- Space to bring failures
- Managing conflict online!
- Psych support for each other
- Skills to overcome existing habits
- Making tech work on multiple platforms

Inclusivity

- How to operate with diverse teams
- Cultural diversity - aversion to go online
- How to involve more vulnerable populations
- Ways to run large workshops with senior clients who don't have experience with tech

- How to help leaders with help teams in remote
- Ideas to collaborate when there are no online tools available
- Large group workshops without tools

Change of pace

- Slow down the flux of information
- Sprinkles of stillness for reflection

- Sara - of course

Tools that others shared

- [Whereby](#): Alternative to Zoom
- <https://trello.com/>: For simple organisation of tasks
- Google hangout: for free video conference calls. Links can be generated through Gmail calendar (see screenshot attached) when you send invites which saves time.
- Kudo board: to celebrate team's wins and create virtual cards
- Evernote: record ideas, save snapshots and share
- Doodle for polls and Trello for learning labs, test and learn cards for example
- Mural
- Flinga
- [Yammer](#)
- Kahoot: <https://kahoot.com>