

# SHOWING UP IN YOUR VIRTUAL WORLD

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BOARD



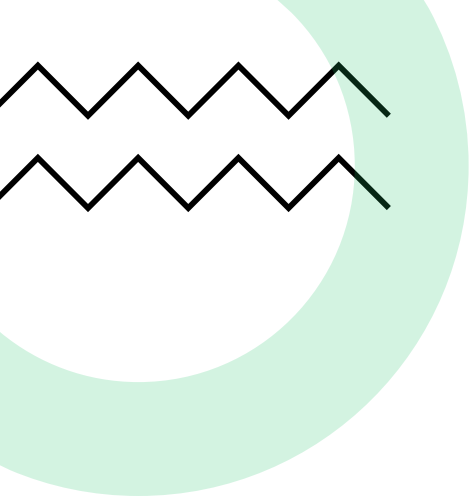
Let's Chat...

10 minutes in small groups:

What's going pretty well in your virtual world?

What's not going as well in your virtual world?





# Let's Share...

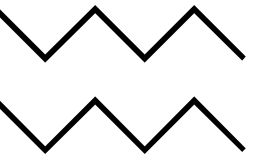
What came up for you in your group?

Shout it out or type it in the chat box

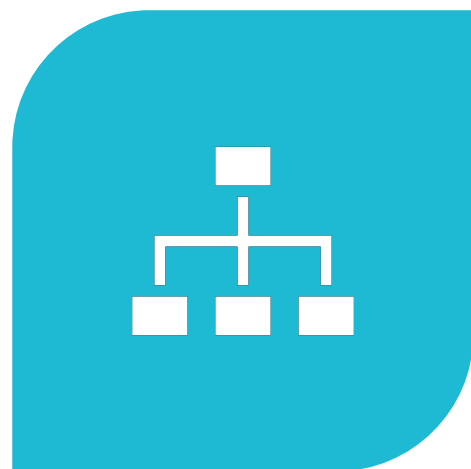


# ○ Setting the Stage...





# Sound (Biggest Stage Setter)



HOW CAN I MANAGE  
IT?



MIC UPGRADES

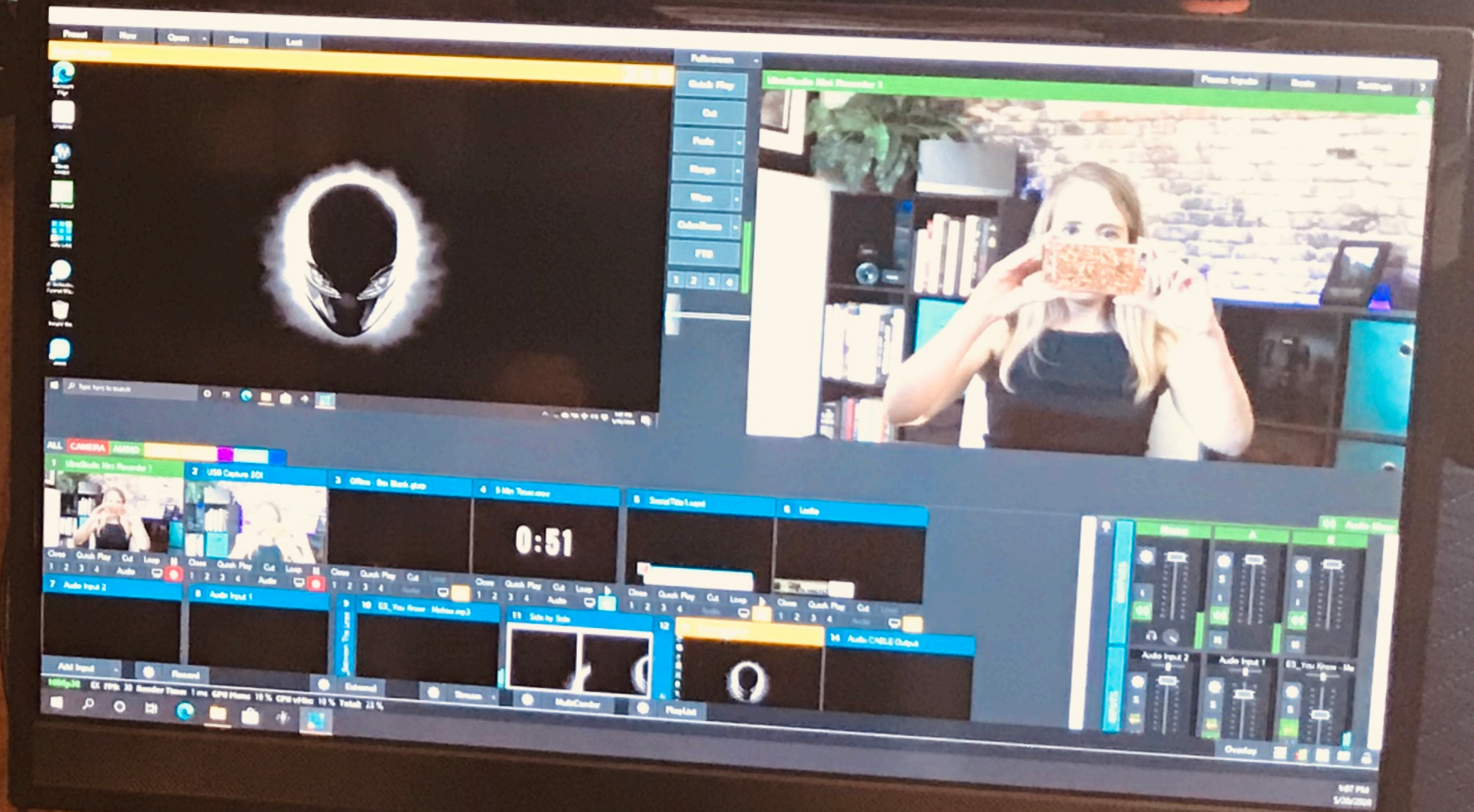




# LIGHTING



# Background




- Stage is set... Let's engage!



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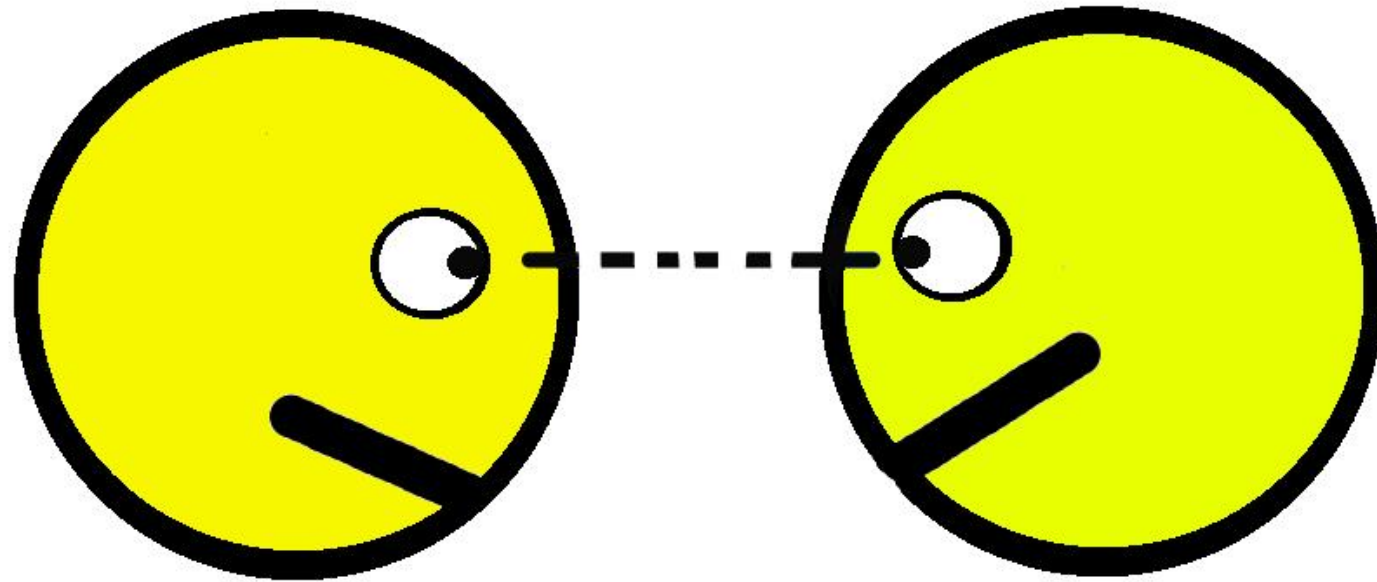
**FIND, ANGLE,  
AND BEFRIEND  
YOUR CAMERA!**

**LET'S  
PRACTICE ...**



- Eye contact...Where do I look?

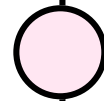
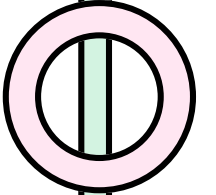
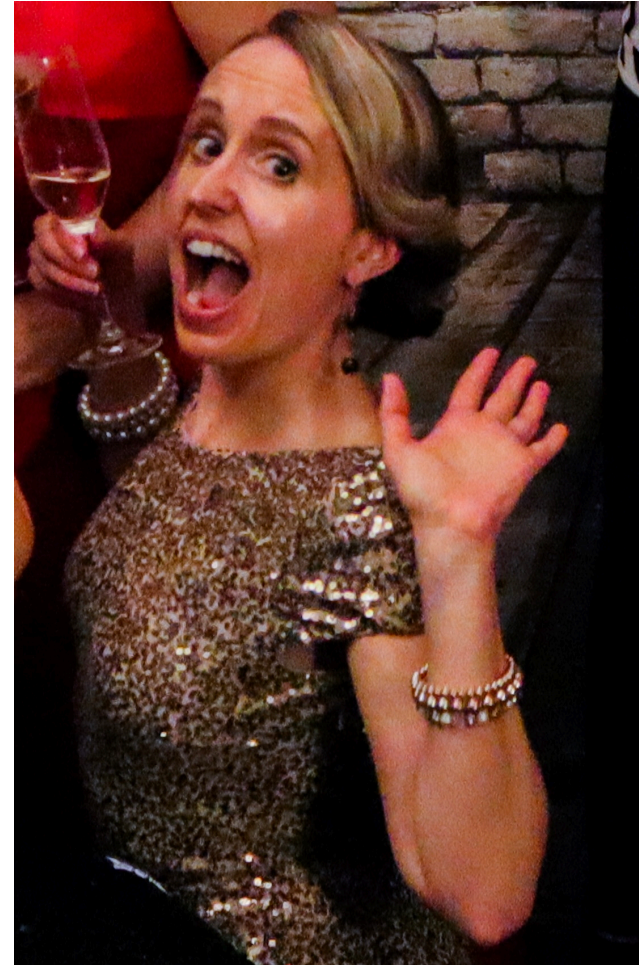
# Eye-Contact

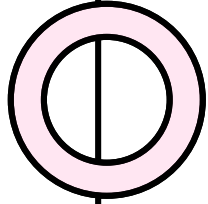


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**USE YOUR  
SPACE  
AND THE  
POWER OF  
NON-  
VERBALS!**





# What it takes in a Virtual Word

Energy (lots out, less back)

Shifts in how we show up


Tech Stress!!!!

Silence is OK

Honor your body (model this!)


Screen Fatigue

Is there something between us? It takes more to connect



Take care of you!  
Here are some  
ideas...

- **Watch George Jefferson dance:** <https://www.youtube.com/watch?v=ItJqhk0f7rg>
- **Spend some time daydreaming.** As adults, we spend a lot of time worrying or thinking about past mistakes rather than envisioning what could go right or what is fun. Take some time to do nothing but daydream. If you want, write down those daydreams in a notebook or journal.
- **Look at old pictures of your favorite city:** Whether it's the city you live in or a city you have visited, you can google and find lots of fun images associated with the time and place
- **Take a Tiny House Tour:** <https://www.youtube.com/user/livingbigtinyhouse>



Take care of you!  
Here are some  
ideas...

- **Sit on the front porch. Just Sit.**
- **Experience life in the Fairyland Cottage:** <https://www.youtube.com/watch?v=7X4WS4jFJr>  
[o](#)
- **Take your shoes off and go outside:** no email, no social media for at least 60 minutes
- **Write a letter/email to an old friend**
- **Listen to your favorite Childhood Band:** If you haven't lately, resurrect your favorite album from childhood and marvel at the musical genius!
- **Research something that you have been interested in but haven't had time to look up**



# Questions?



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