

## What to Expect

The session is a mixture of teaching, discussions and exercise demos. There will be lots of opportunities for you to share your experiences and ask questions, but you can be as involved as you like.

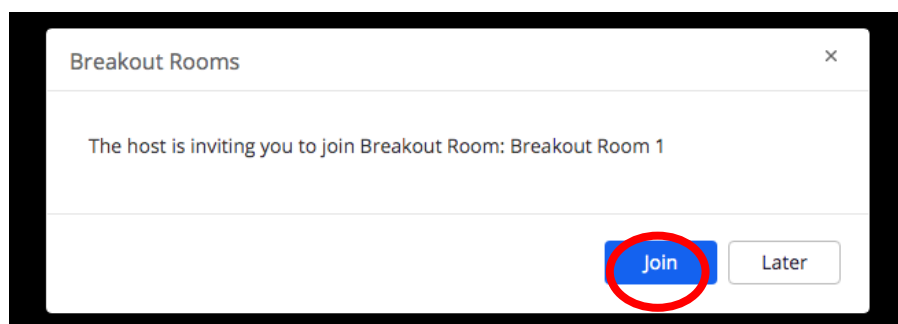
## Teaching

In the teaching sessions, Zoë will mute all the attendee microphones. You can let Zoë know if you want to say something or ask a question.

## Group Discussions

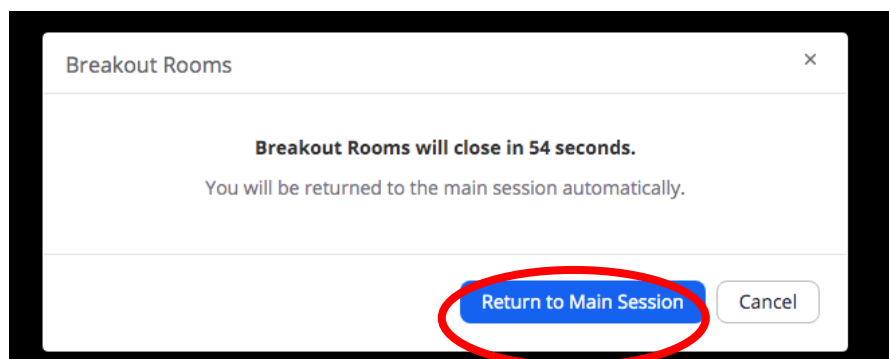
We may use **'breakout rooms'** so there are smaller groups of people allowing you to chat. Zoë will explain how to use the breakout room.

Your screen will show the option to join a room, select **'join'**:



One minute before it's time to return to the full group, there will be a notification so you can wrap up your conversations.

You will return to the group automatically, but you will also see a notification and can select **'return to main session'**:



## **Exercise Demos**

Some gentle exercises are included to keep you moving during the session and to break up the different topics we're discussing. You are welcome to join in with the exercise as much or as little as you feel comfortable doing. You know your own limits, so take it as gently as you need.

If you are taking part, have a sturdy chair nearby and plenty of room around you free from trip hazards. It may be helpful to have a drink of water handy.

## **Camera and microphone**

When you're not speaking, please mute your microphone to limit background noise.

You're welcome to have your camera on for the whole session, part of the session or none at all. It is nice to see people's faces, particularly during the group discussions, but it's your choice.

## **New to zoom?**

Read our [Zoom introduction](#).

## **Sharing**

We encourage people to only share as much as they feel comfortable with, however we find these sessions work best when people get involved.

The session will **not** be recorded and we expect you to keep any personal information that is shared confidential, just as you would when speaking in a support group session or with a friend.

## **Top tips**

To get the most out of the session:

- Ensure you're in a fairly quiet and private space where you feel comfortable
- Limit potential distractions
- Have a drink and snack to hand
- Sit yourself somewhere comfortable
- Move and stretch as often as you need
- Have any phones nearby on silent to reduce interruptions
- You're welcome to have a friend or family member join you in the session

## **See you soon!**

We look forward to welcoming you to the session. If you have any questions before the event, please contact Zoë by emailing [zoe@nass.co.uk](mailto:zoe@nass.co.uk)