Webinar Recommendations

We wanted very much for the Webinar on "The COVID Crisis and Adult Development" to be something more than a long talk you just listened to. We designed it to also *involve* you and to foster the experience of connection (with oneself and with others) on the premise that nourishing engagement and community is what's most needed in stressful times. Thus we also designed it so that, in its recorded form, it could be used and reused by groups of any size—groups you might convene or yourself be a part of.

Accordingly, the basic rhythm of the program is that we move back and forth between talking to you as a whole group and breaking out into small groups (we had Zoom set up 5 in a group) for discussion and processing. So, while nothing will stop you from just "watching" the program on your own, *we strongly recommend that you invite a group of colleagues or clients to* participate *in the program together.* You'll need to set aside two hours to experience the whole program in the way we intended. (And we think you'll find the time goes by very quickly.)

Some simple logistics to do this with groups, broken out into sub-groups of 4 or 5 people in each:

1. Use a virtual meetings platform that allows the host to run video, share your screen, and create breakout rooms. (We used Zoom.)

2. Have people bring pen and paper to the program.

3. At the points where we say, "After you've had a minute of quiet to think about these questions, we are going to move you into the breakouts," *stop the video*! Give people a minute and then use your meeting platform to create 15-minute breakouts. Bring the breakouts back after 15 minutes, and resume the video.

We hope you find the program valuable.

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