

Virtual Healing Experience Etiquette Guidelines



- **Visual/video presence is expected in a Virtual Healing Experience** to enhance building relationships. Grace is also given, please communicate in the chat if you need to step away from the screen (turn video off) momentarily.
- Use of headphones is recommended if you will be/are around other people, so they cannot hear what other participants are sharing.
- Breakout groups will be closed to latecomers, and we ask that you inform your group if you must leave early.
- When you are done speaking, say "I'm done," or "thank you" and go back on mute.
- For an optimum experience, a desktop, laptop or tablet is recommended (versus a cell phone).
- When necessary, and to foster participation, we will utilize the chat feature.
- You are welcome to share your pronouns, or not <https://www.mypronouns.org/>
- Nonverbals come across differently on video. Be aware of yours and give grace to others.
- Everyone should be on **mute** when not speaking, to avoid background noise and feedback.
- Our time will go by quickly, please respect time limits given so everyone has a chance to participate.
- Designated tech person