

Essentials – Getting Ready

Setting up: If you have access to a **computer** – please use it! Mobile devices (tablets or smartphones) can be used as well, but our advice is to use a computer. **Headphones** make a difference for your own comfort – and for the comfort of those living with you. A **webcam** (internal or external) is essential.

Find a **quiet space** where you won't be interrupted (if possible, during these times of sheltering place). Make sure that the lighting comes from behind your webcam.

Be your own guest – treat yourself as if you were a guest in your own house. Bring your favourite beverage and a snack. Have a small beautiful item on your desk – a flower, a stone, something that speaks to you and reminds you of our connection with nature.

Read the Introduction Guide that we have provided. Less than 10 minutes of reading will make a huge difference! Keep the guide handy in case you encounter any challenges. There are two guides: one for computer-users, one for mobile-device-users.

Check for **Zoom updates** – they tend to come pretty often these days. Being up to date is really important!

“Start fresh!” – Restart your computer before you come to the session. Only open the Zoom application and your preferred browser. Close all notifications. Do not open your email program. All of these actions help to maximize bandwidth (your computer's and your own!).

Come in early to settle in. Please log in 15 minutes early. This allows us to check your audio and video – and it gives you the chance to “land” before we start.

And – most important – remember: this is not about technology. It is about being in deep **conversations** with others, about building and fostering **relationships**, about learning from and with each other. The technology supports us to do all of this.

Take a breath. Relax. This retreat will be a wonderful experience. Welcome!

