



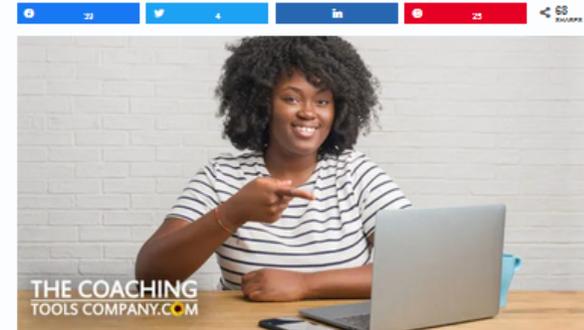
Emma-Louise Elsey & Jennifer Britton

How to WOW Your Online Groups with Jenn & Em!

Experiential Webinar

11 Zesty Ways to Energize Online Meetings, Webinars & More! by Jennifer Britton & Emma-Louise

August 27, 2020 Reading Time: 6 min 30 sec



NOTE: This article was co-created by Emma-Louise Elsey and Jennifer Britton. It's an expanded version of an article Jennifer originally shared in one of her newsletters.

Are you in the group and team coaching space? Perhaps you're doing more webinars, Facebook Lives or online coaching?

In workplaces right now, people are being pressured to do more - while *not* being together. Many people are also expected to do things in a really different way than they're used to. So, if you're coaching groups and teams right now, it's really important to go back to basics.

And in day-to-day life, our clients, fans and followers are also getting fatigued from being in front of a screen and/or camera all the time. So, if you're running webinars and working online with people, it's a good time to up your game to keep people engaged while online with you!

As we work in the online space, great questions to consider are:

- What's going to help people feel more connected?
- What's going to help build trust with you and/or each other?
- How can you help people have the most important conversations of the moment - so they can be as effective as possible?
- Knowing that many things are taking longer right now (extra processes, new things to learn, fewer people to do things, distraction etc etc), how can we help people be more efficient?

And here are 11 Ways to Add Zest to Your Online Meetings

Many of these tips below just need a micro-window - so they needn't be a burden!

1) A little bit of "grounding"

When people are grounded, they're more connected to themselves, more present, mindful, aware and centered - literally feeling connected to the earth. People who are grounded will have more clarity, make better decisions, relate to others better, handle stressful situations better - and more. They will also be more efficient, feel more healthy emotionally resilient and make fewer unnecessary mistakes.

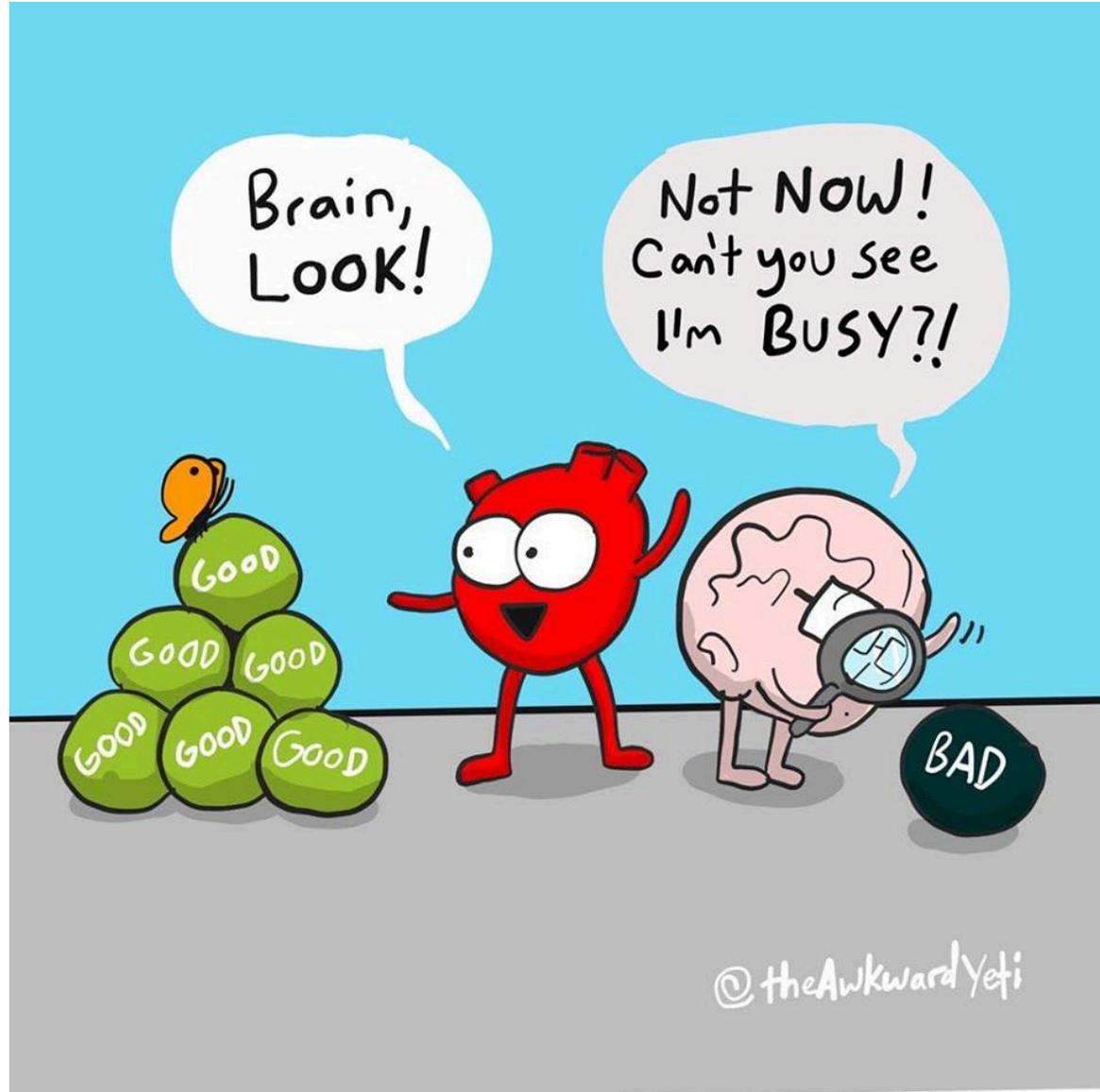
Some activities to offer grounding include:

- Anything which connects people to their body, for example focusing on their stomach rising and falling as they breathe in and out - or feeling their feet on the floor.
- Can you offer people a couple of minutes to clear their minds and create a mindmap of everything rolling through their heads?
- In a team setting, can you give people a few minutes just to connect with each other if they haven't talked in a while?

2) Add personal context

Right now we only see (and sometimes meet) each other through limited windows on the screen. Help people get to know each other with a bit of personal context.

Some ideas to a wider view of someone than just a face on a screen include:





DEATH
BY
CONFERENCE CALL

Our Goal:

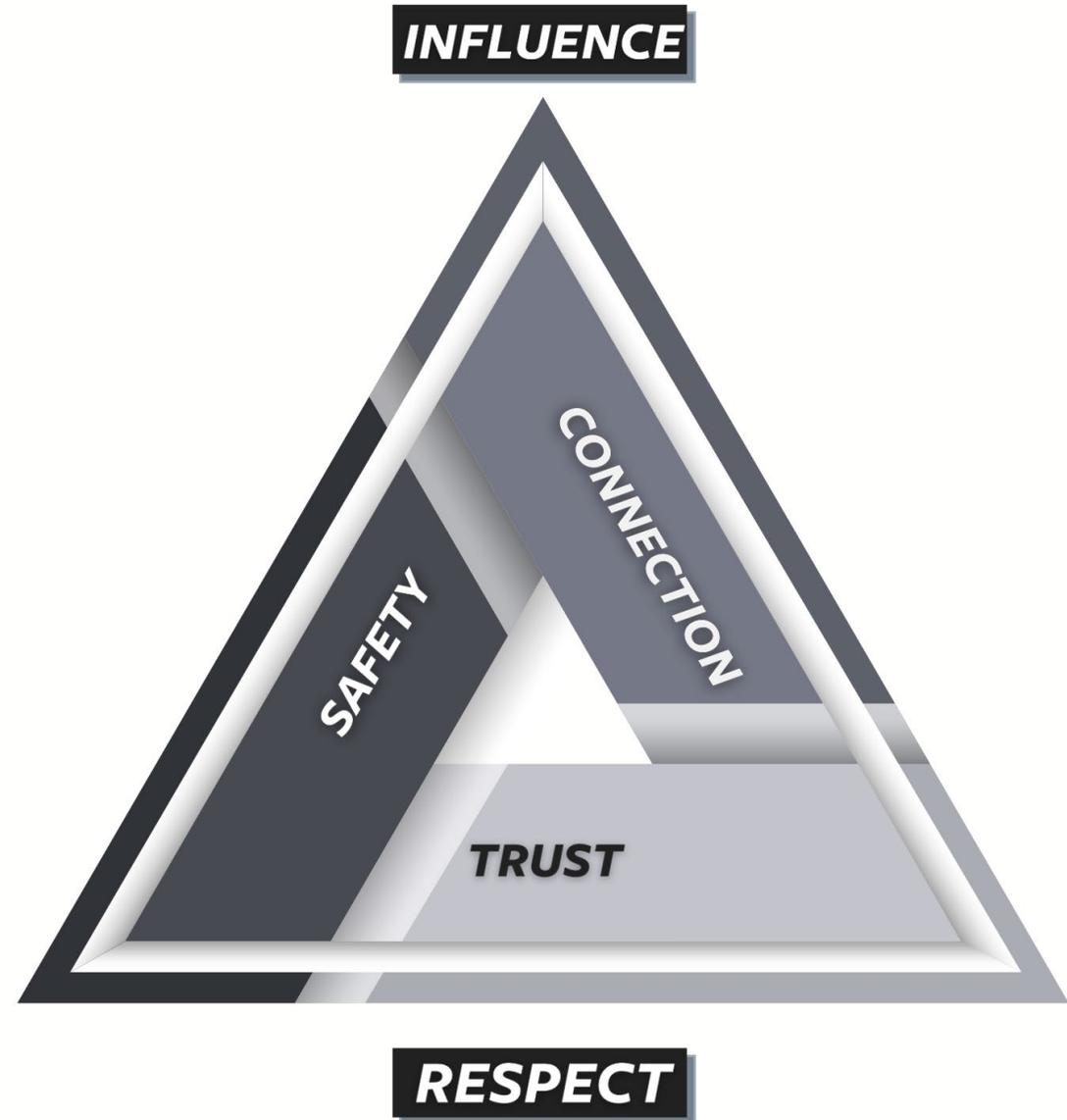
1. To help you create more engagement in any online experience.
2. To provide you with tools and ideas to inspire you to action!

The TRIAD

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Reconnecting Workspaces. All
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Type in Chat:

What is ONE thing you
can do to build trust with
online groups or teams?



EVC
TIP #11

“It is when we have the trust,
connection and safety present
that we are able to move into the
most important conversations for
the moment.”

Effective Virtual Conversations,
Britton



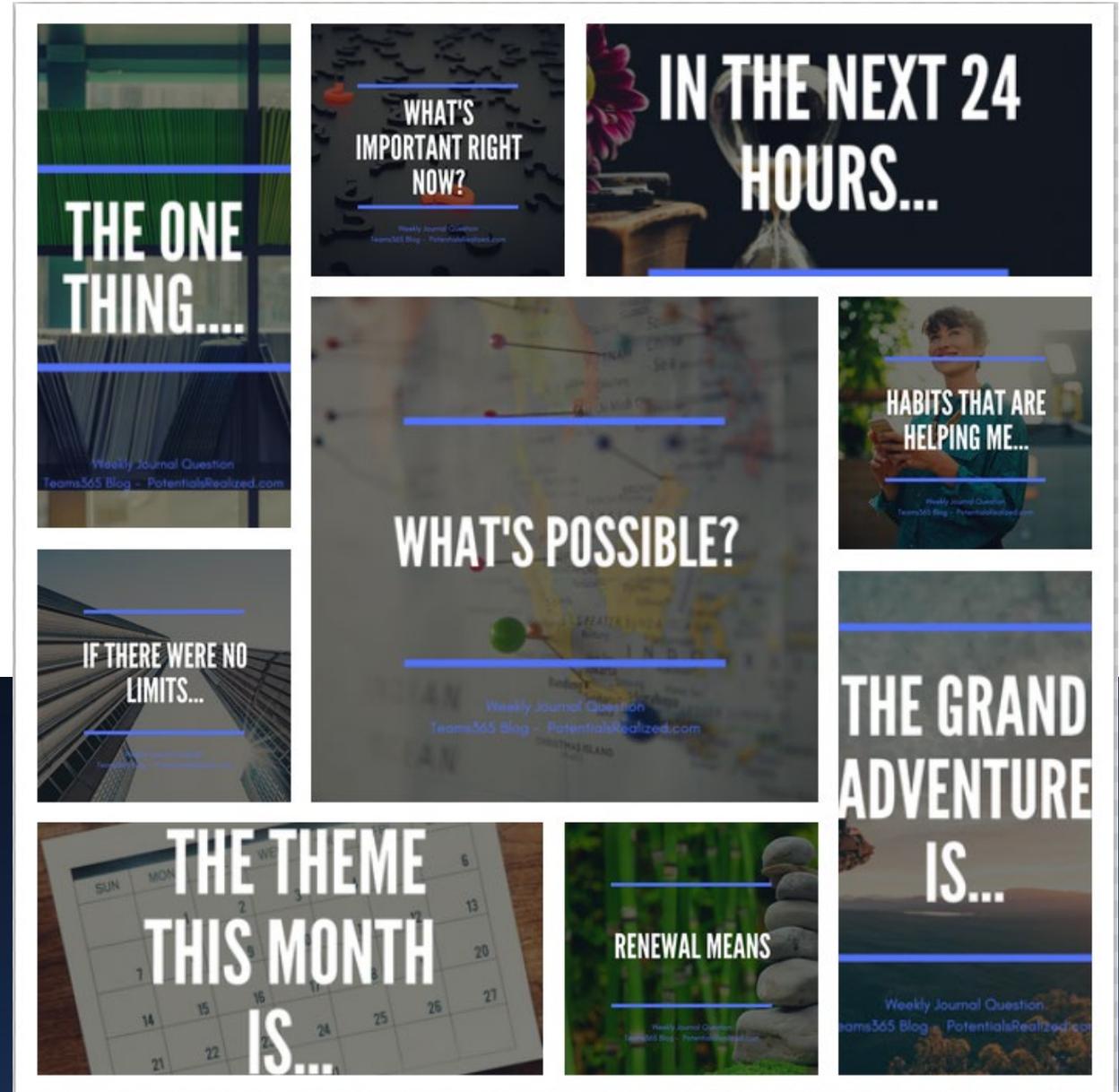


PART 1:



Icebreakers

Exercise – Journaling Prompt



Source : Weekly Journaling Prompts.
Available digitally or physically at
<https://bit.ly/digitaljournalcards>

Inspirational Pause:

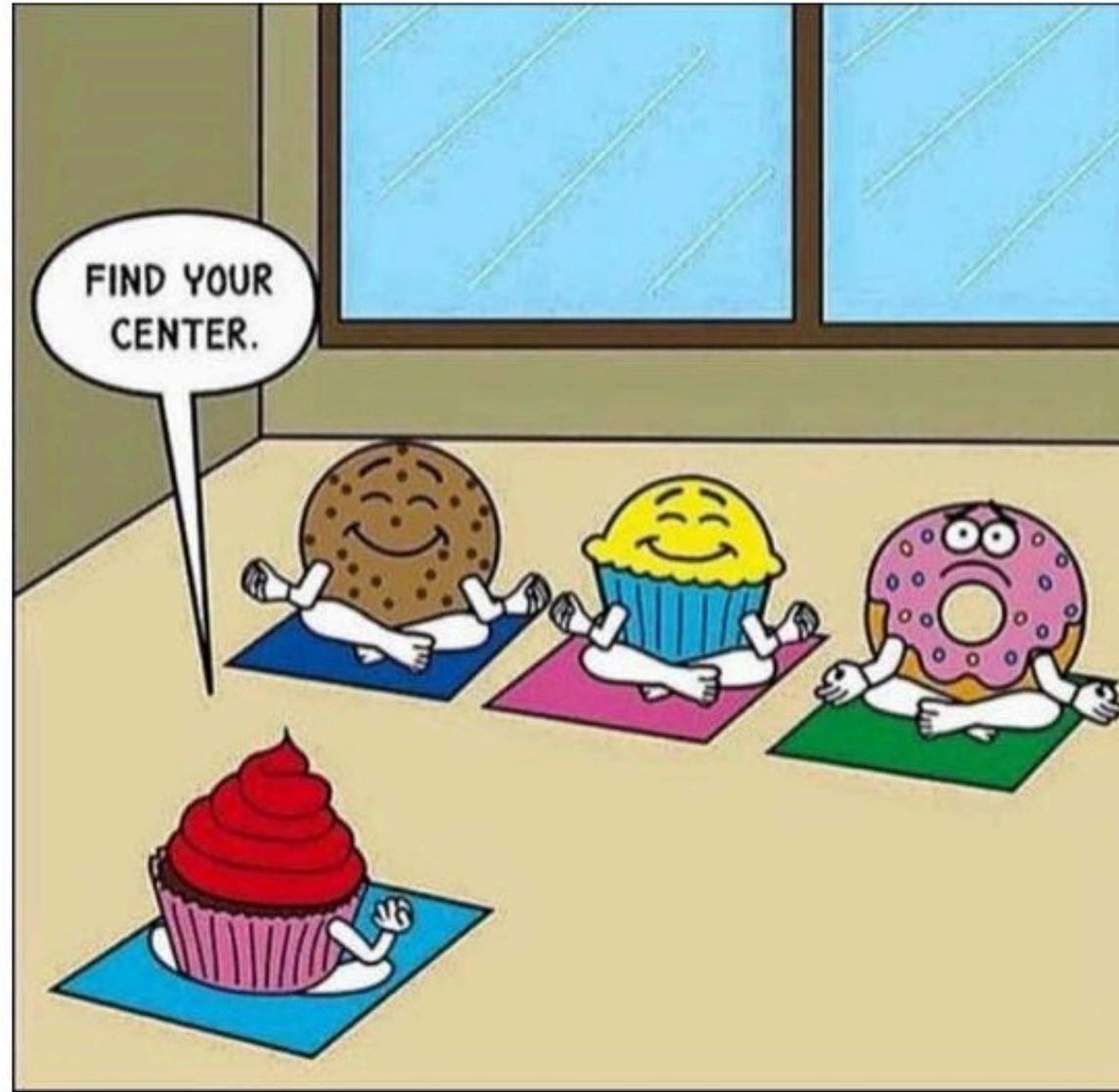
Share two feelings that come up for you when you look at this image in the Chat Box





Choose an Image

Then share which image you chose in the Chat



Poll

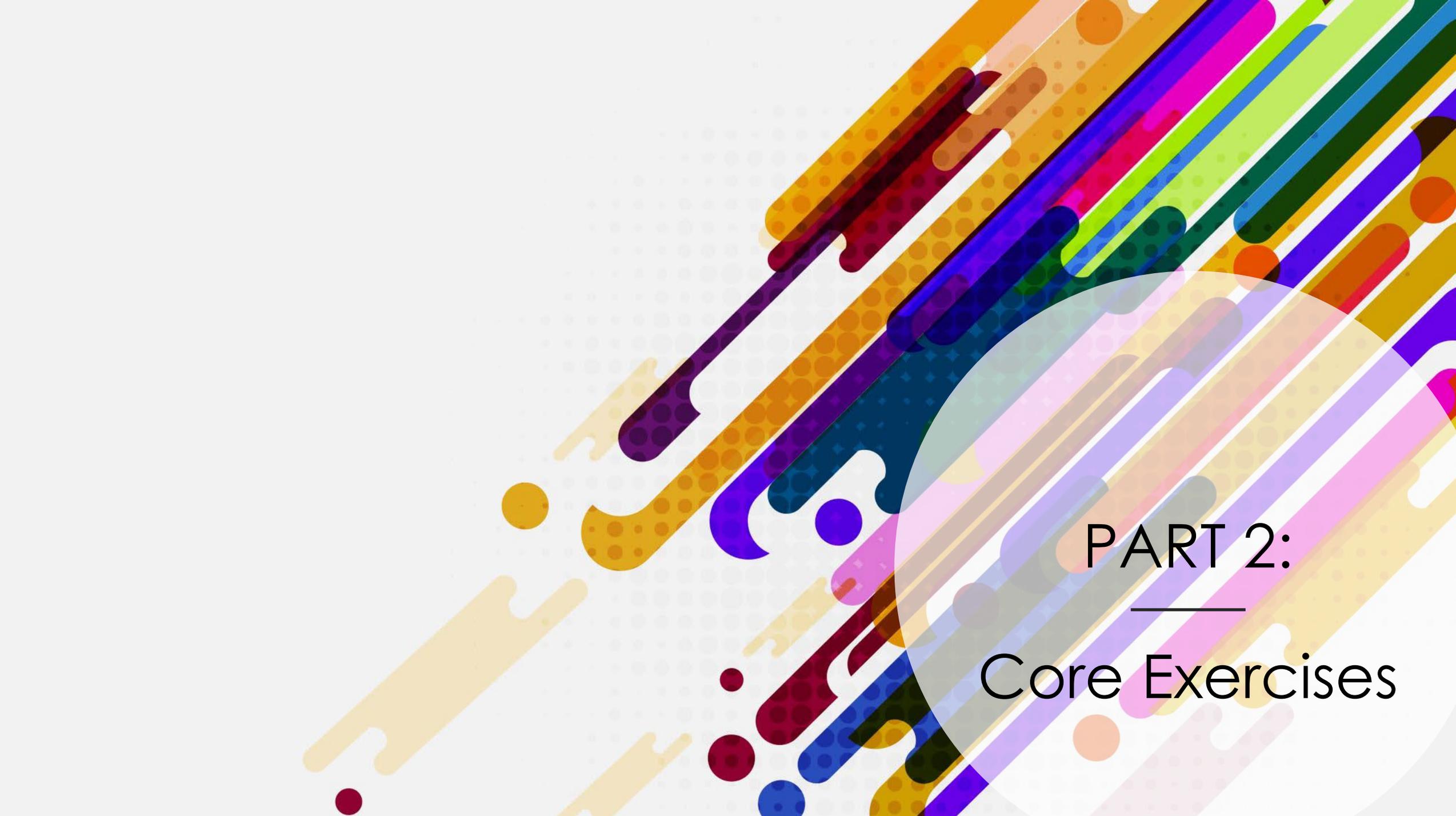
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What's Your
Favorite
Engagement Tool
for Online Groups?



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PART 2:
—
Core Exercises



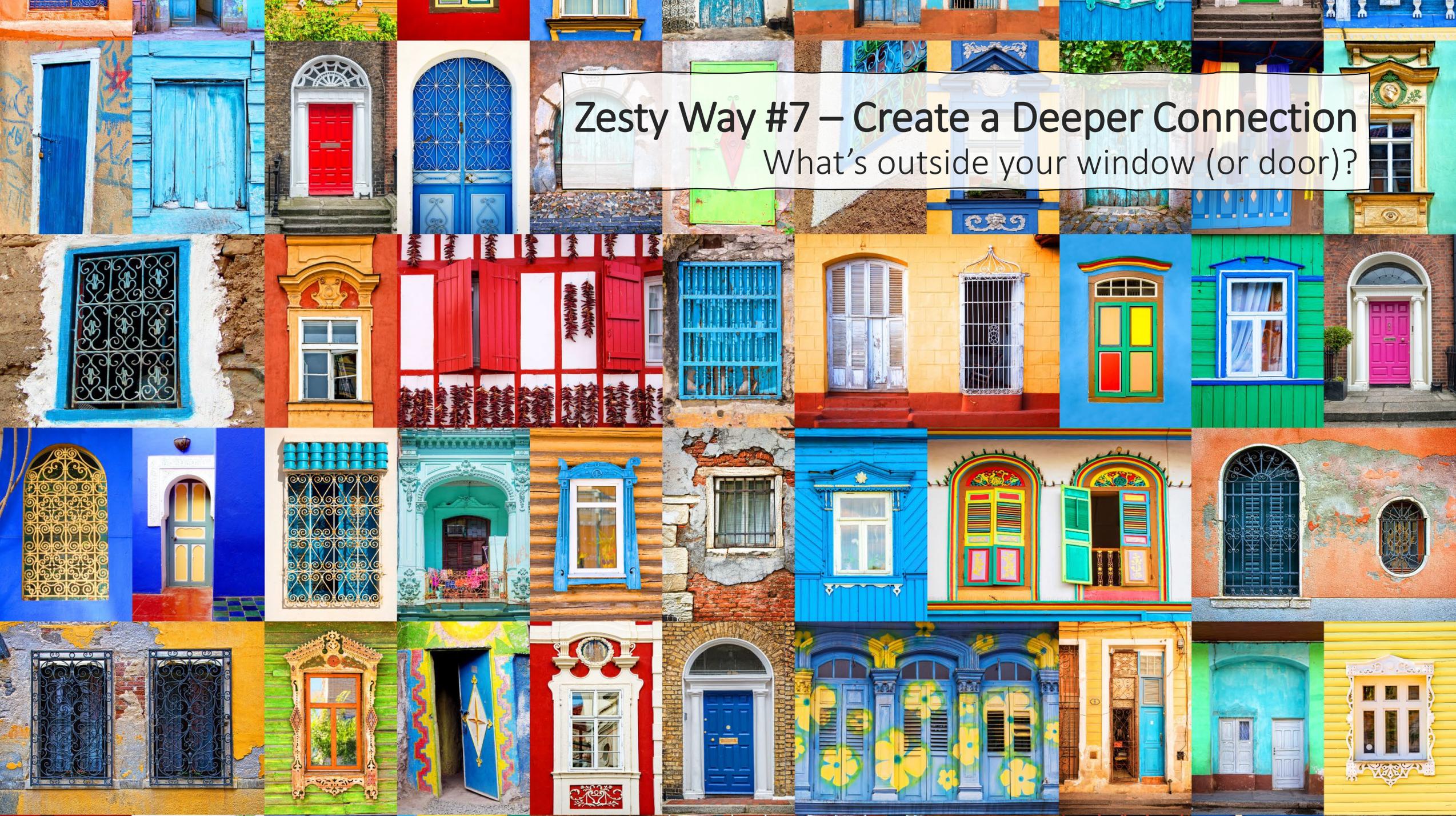
Grounding Exercise:
Tree Roots Visualisation

The Six Layers of Connection in Virtual Conversations



Read more about this in
my new book
**Reconnecting Workspaces:
Pathways To Thrive in the
Virtual and Remote Space.**

Pre-order on Amazon.



Zesty Way #7 – Create a Deeper Connection

What's outside your window (or door)?

Zesty #7 – Deeper Connection

Other ways to create
deeper connection

- Something inspirational
- A virtual walk through
- What else?

A vibrant field of multi-colored flowers under a blue sky with white clouds. The field is divided into distinct rows of purple, white, red, yellow, and pink flowers. In the background, there is a dense line of green trees. The sky is filled with soft, white clouds against a bright blue background.

Inspirational Pause:

Share ONE word that describes how you FEEL as you look at this image in the chat box!

What Makes Your Heart Sing ?

Coaching Exercise

What makes you feel light, carefree, happy or joyful?

Examples: watching children or dogs playing , hiking a mountain, walking barefoot in the grass, telling someone you love them, fresh sheets on the bed or something completely different...

Think back to your childhood...

Simple is good!



What Makes Your Heart Sing ?

Coaching Exercise



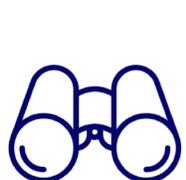
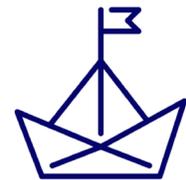
VISION

Exercises – Vision

What are the different ways you can work with vision?

3

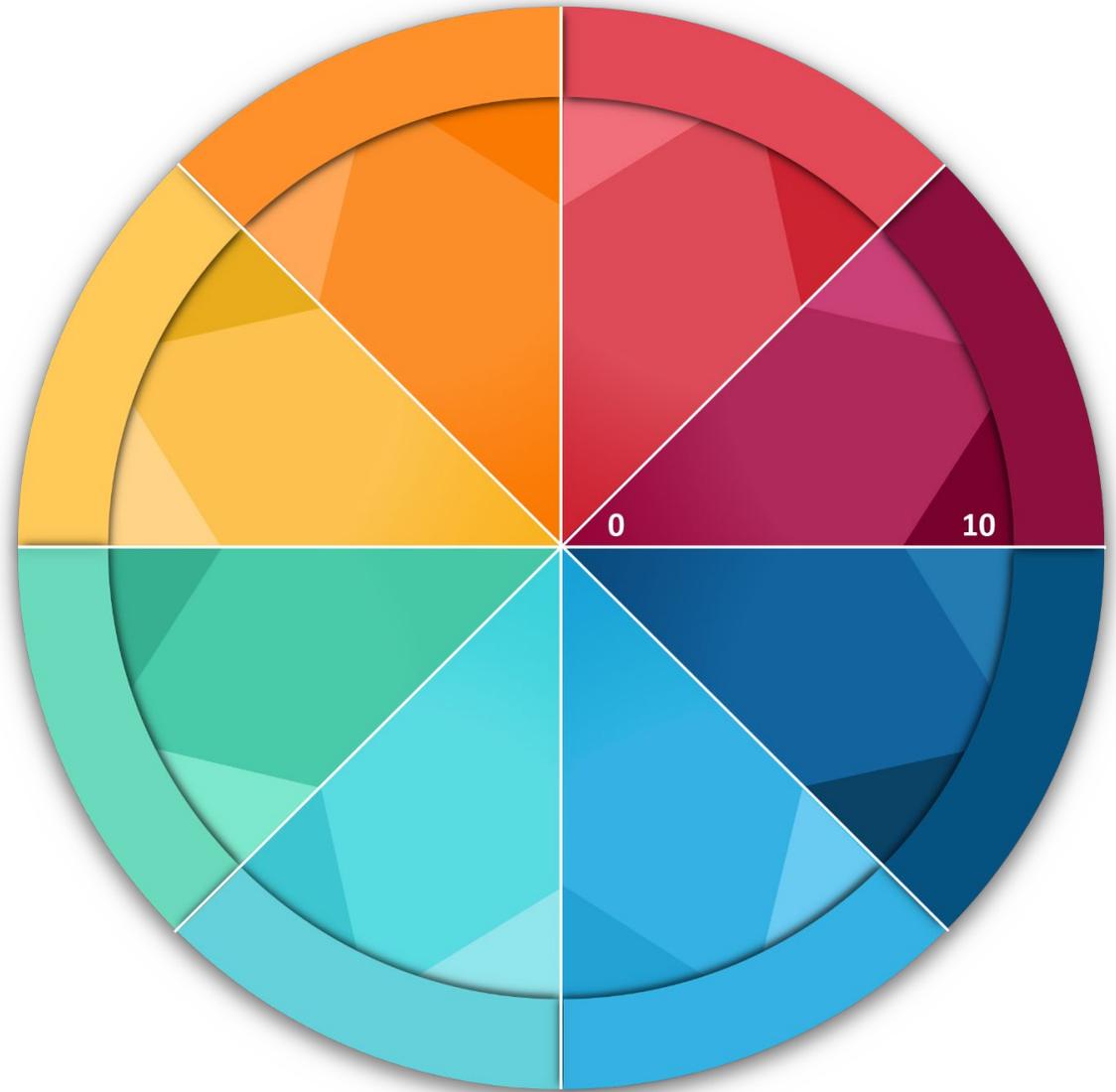
Your Vision Story

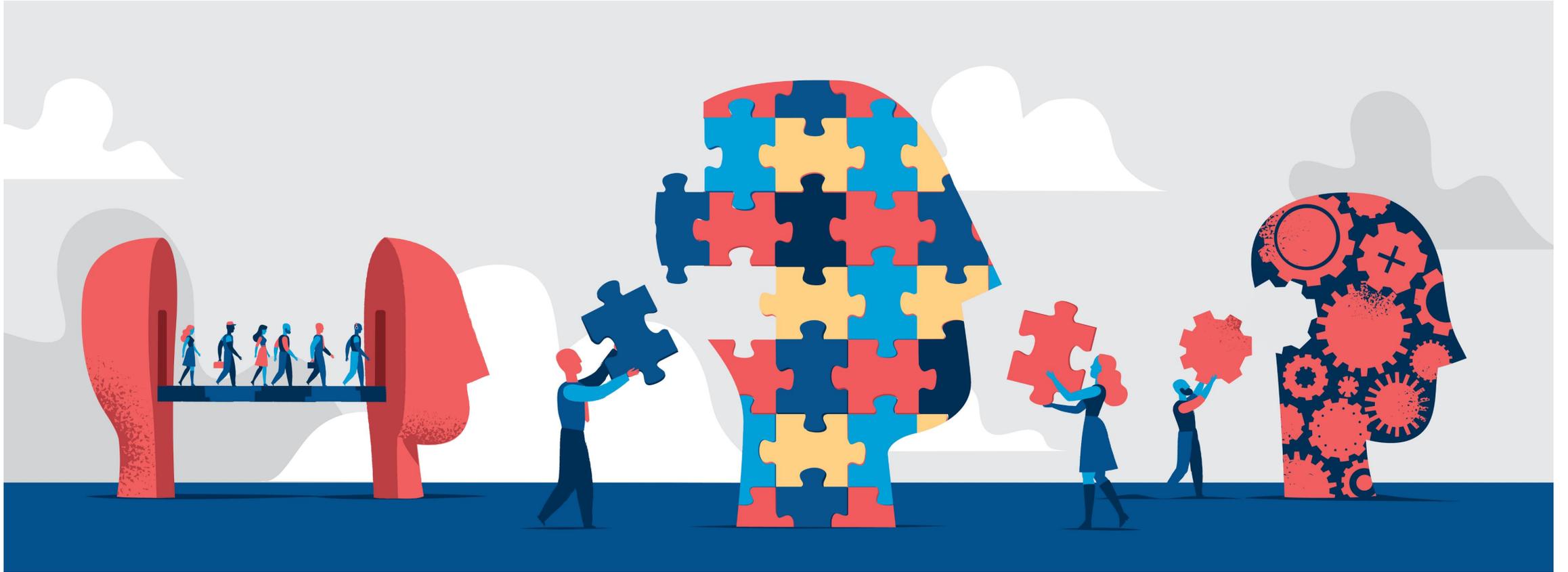


Wheel of Stress Relief

Coaching Exercise

1. Write out the 8 things that add the most stress to your life right now – one for each segment on the wheel.
2. Now score each item out of 10 for how stressful it is, where 0 is no stress at all and 10 is maximum stress.
3. What do you notice?
4. Now choose 1 to put an action around – and share your action in the chat.





Exercise – Journaling

What will you do differently based on your learning today?



Questions



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PART 3:

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Wrap-up
Exercises





Rear View Mirror
Wrap-up Exercise



Exercises –
Thankfulness

Coaching
Exercise

Webinar Wrap up



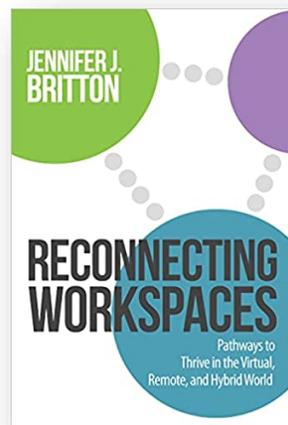
Connect with Us

Jennifer Britton

[GroupCoachingEssentials.ca](https://www.GroupCoachingEssentials.ca)

Set up a 15 min call
<https://calendly.com/jennbritton>

[ReconnectingWorkspaces.com](https://www.ReconnectingWorkspaces.com)
(Launching June 15 2021)



Emma-Louise

[TheCoachingTools
Company.com](https://www.TheCoachingToolsCompany.com)

*Sign-up for The Coaching
Tools Company Newsletter if
you haven't already!*

I would LOVE for you to join
me over at my latest
venture:

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