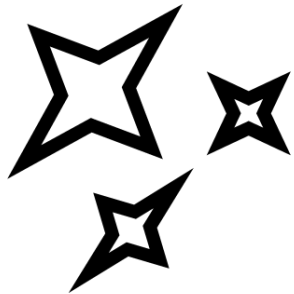


## INSPIRATION

- [1] Video (3:34): [Air New Zealand safety videos](#)
- [2] Video (1:28): [Headspace Guide To Meditation](#)
- [3] Video (1:39): [Introducing Jamboard](#)
- [4] Card: #5 Digital Journey Map



### For content-driven online sessions

When the objective of the session is to explain complex and deep topics, the moderator helps learners by setting up a non-distracting learning environment. Ask them to find a quiet place, remove distractions such as muting their phones or finishing open tasks. Consider a small reminder to find a healthy seating position and to grab a glass of water. Decide whether you want to use an opening slide or an opening question. See #4 Learning Reflection

### For participation-driven online sessions

For events with a lighter, diverse range of topics or multi-session events, where the focus is to keep learners interested and connected, the moderator should emphasize creating a pleasant atmosphere. Consider reading out the names of joining learners out loud to give them a sense of acknowledgment, (“Welcome Katherine, great to have you here. Hello John, hi Nancy, great that you are joining us today”). Let people introduce themselves on a whiteboard (see participant’s wall under #2 Warm-ups) or by answering a Mentimeter poll. The contributions of everyone should be visible and can be shared in the event summary.