



ToT – Trainers of Tomorrow Learning Activity Week 1

Session 1 Agenda

1. Guidelines & Introductions
2. Learning
3. Core Mechanics (basic, basics)
4. What not to do & what to be mindful of
5. “Your mission if you choose to accept it...”

Learning Activity

Set Your Stage –*Intentionally*, set your video-conferencing background. Consider and choose what you are communicating about: 1) yourself and 2) the learning environment you are establishing. What is the impression you want to make?

Impressions – Write down your impressions of the facilitators, facilitation and their video-conferencing background?

Resources:

- [Meeting Mindfulness: Four Video Conferencing Mistakes to Avoid \(Video\)](#)
- [Video Conferencing Etiquette \(Video\)](#)