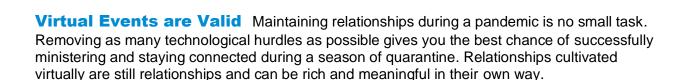


joni&friends

Virtual Events

Community and Connection in COVID-19



Fighting Fatigue "All day long I'm on Zoom... I have calls all day for work, my kids are on Zoom for school, and then I hop on a Zoom call for my small group... It's exhausting." Conversations like these are happening across the country. As helpful as video calls are, they are "screen-to-screen," not "face-to-face." There are three crucial differences to understand.

1. There's simultaneously too much eye contact and no real eye contact.



- During Zoom calls, encourage people to right-click their own image and select "hide myself." They'll be visible to everyone else, but won't have the temptation to watch their own face.
- Encourage people to use "gallery view" sparingly. Viewing only the person speaking will reduce fatigue and encourage engagement. Some people find "gallery view" overwhelming and will simply never unmute themselves or try to engage.
- Make a conscious effort to look at your camera when you speak. This helps the listener to feel like there is real eye contact.

2. There is limited natural "flow."



- The leader needs to direct conversation. Good conversations flow two-ways. When it's hard to get a word in edgewise, many people choose to shut down. Like a traffic cop, the leader needs to help some people slow down and wave others through to keep conversation flowing.
- Encourage use of the chat. While people talking over one another creates chaos, the chat function allows people to interject and interact in real time. "Yes, me too!" "So good." "I love that."

3. Video call etiquette is different than in-person etiquette.

- Keep yourself muted if you're not speaking.
- Be mindful of your camera placement. Are you facing other participants as you would in person? Is your face well lit?
- If your internet connection is weak or slow, you may sound robotic and choppy. This puts strain on other participants and increases fatigue. Turning off your video may help free up bandwidth providing clearer audio.



