

## Wellbeing Strategies for Remote Training Sessions

It is incredibly important to have continued conversations around remote training session challenges for participants and instructors, especially as it relates to our home working environment and management of competing priorities (working remotely, caring for our families, responding to pandemic-related stressors, etc.).

Within all of our training sessions, two 15-minute breaks and an hour-long lunch break are provided. While it would be challenging to build in additional break periods due to the time needed to successfully deliver all content, we do recognize the importance of flexibility and came up with some helpful wellbeing strategies.



- Create an open dialogue around wellbeing to start a training session (during the general housekeeping portion of the introduction).
- The messages within this webinar are incredibly powerful and may assist you in framing a brief wellbeing discussion.  
<https://ncwwi.org/index.php/webinar/national-webinar-series>.



- Demonstrate compassion and understanding, which includes being flexible with stepping away for a moment as needed. If participants need to use the restroom outside of a break, need to get up and stretch, or have family needs that will not create an extended absence from training, they should send a quick note to the chat stating that they plan to step away for a moment and should follow up with a note in the chat upon return. The moderator will be able to ensure that time away is not extensive.





- Allow yourself the same flexibility to take an off-scheduled break as needed, as this process is equally as heavy for the instructors and moderators as it is for the participants. A good time to do this may be during activities where participants are working independently. We would ask that you communicate to the participants that you are stepping away and note your return in case they have questions as they are working on the activity.

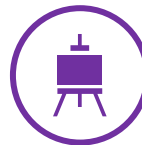


- Conduct brief wellbeing check-ins throughout the training day to assess your group's needs. Every class will be unique, so it is critical not to assume the same challenges exist for everyone. The expectation is not to create an environment where people share anything that makes them uncomfortable, but rather to strengthen our interactions and support for one another.



- Consider brief "energizer" activity around breaks

For example: Before break, you could prompt participants to find something in their house that ends in an "E" and to come back and share where they found it. It is a good energizer because it encourages participants to move around during the break. You could use any variation of the above (beginning with B, ending in T etc.).



- Encourage reflective thinking throughout the day

Example questions to prompt participants:

- What is ONE goal I hope to accomplish today?
- Who is ONE person I can turn to for support today if needed?
- What is ONE way that I will nourish—and move—my body today?
- What is ONE success I had today?