How to make our conference comfortable?

wellnes tricks
and tips

Machines can be hostile sometimes, or at least they seem cruel when they just don't support us when we need them the most - and an online conference is really an occasion when we need them. Therefore for your own comfort, here is a very subjective and tried out checklist about how to make your e-presence more comfortable.

- Zoom has been downloaded
- I have / saved the link of the meeting
- mics are working and I know how to switched them off during the meeting
- camera positioned well (not too low, not too high)
- the picture of me is fine for me
(not too bright, not too dark, not too close, not too far)
- dress code: stripes and shiny elements might start a new independent life on the screen (we tried it!)
- On your background, there's nothing that you don't want to share, show to us.
- People around you, know your schedule and respect your time

- Your phone has been muted (but still close if you need to send an emergency message)
- The charger is close around you
- The snack is even closer (again, just for emergency cases)
- And your mug is even closer! If you read till this line, please make sure you will bring your mug, an A4 paper and some colored pencil to the event.
  We will check it!

See you soon!