

Mother Centers
International
Network for
Empowerment

CREATING MEANINGFUL AND ENGAGING SPACE ONLINE – WISDOM AND EXPERIENCE EXCHANGE THROUGH NEW MEDIA TOOLS

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MOTHER CENTERS INTERNATIONAL NETWORK FOR EMPOWERMENT

- In 19 countries
- More than 1000 Mother Centers worldwide
- Since 2000



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3 INGREDIENTS TO HOLD AND CREATE LIVELY AND BONDING ONLINE SPACES



HOW TO PREPARE MENTALLY:

Get yourself in the right space before you start!

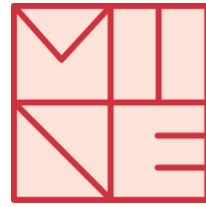
POSITIVITY: How will I make this space feel positive?

EMPATHY: How will I show that I care?

ENERGY: How will I keep energy levels up?

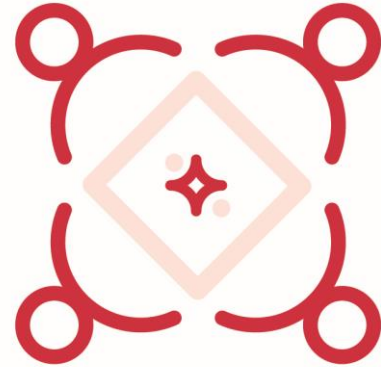
INCLUSIVITY: How will I support those that struggle?

HUMILITY: How will I create a positive relationship with failure?



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Community



network



HOW TO PREPARE TECHNICALLY:

Technology is there to help, don't let it become the focus!

SPEED: Is my internet connection good enough?

>>> Check at www.speedtest.net

TEST: Are my video and audio working?

>>> Do a test call at <http://zoom.us/test>

CONTROL: Do I know how to use Zoom?

>>> Get help <https://zoom.us/docs/en-us/covid19.html>

CONTENT: Do my videos/presentations work?

>>> Test anything you plan to share beforehand

BRIEF: Do my attendees know what to expect?

HOW TO INTRODUCE THE SPACE:



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Collective understanding makes everything easier

OUTLINE: Have I explained what will happen?

AGREEMENTS: Have I set out rules that everyone agrees to?

TRUST: Have I mentioned and invited trust?

MODERATION: Have I explained my role in the group?

PARTICIPATION: Is everyone clear on how we will work together?

Support



visibility

A-Z OF ONLINE FACILITATION

There are many ways to create engaging spaces online



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AUTHENTICITY BEING SEEN *CO-HOSTING* DELEGATING

ENCOURAGING, FEELINGS GROUNDING EXERCISES HAND

SIGNALS *ICE-BREAKING* JUDGMENT **KEEP FOCUS**

LAUGHTER MODELLING *NAMING* OPTIMISM

PLACE *QUIET* REHEARSAL **STANDING UP** *TAKING TURNS*

UNKNOWN **VISUALS** WRITING *EXHAUSTION* YOUR

SPACE **MISTAKES**

Skill building



sharing

THANK YOU FOR
BEING WITH US!

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