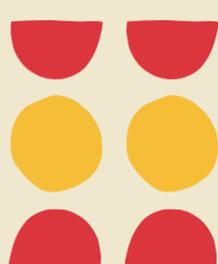


# INTENTIONAL CONFERENCING

Attending a virtual conference (like POD 2021) can present special challenges. How might a virtual conference offer special opportunities?



## SCHEDULE INTENTIONALLY

Just as you might at an in-person event, choose sessions with a purpose for yourself. Are you seeking information? Wanting to connect with like-minded others? Cheerleading for presenters you know and love? Know why you're here.



## OUT OF OFFICE

Use tech tools to notify others that you will be "away": schedule out-of-office dates to block meeting requests, set a vacation responder, or pause email during sessions.



## CONNECT WITH A PAL

Before the conference date, get in touch with your POD Buddy or someone you met at POD in the past. Set up a time during the conference for a phone call: walk and talk in your own locations as you catch up and share ideas.



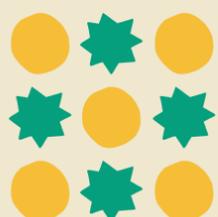
## SANCTUARY SPACE

Choose a special location to experience conference sessions: your favorite coffee shop, your porch, a room with a view, a place you enjoy and won't be disturbed.



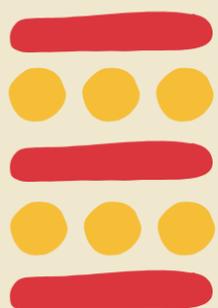
## FIND WAYS TO BREATHE

Plan ways to build in quiet reflection time: have tea breaks, go outside and touch a tree, stretch, jot notes in a special journal with a pen you like.



## CHOOSE YOUR "SEAT"

Manage your attention by consciously choosing your vantage point for a session. Turn off the camera and lie down for a change in perception and perspective. Sketchnote or doodle on a sheet of paper at your desk. Tune in while standing up.



## SHARE YOUR IDEAS

The Mindfulness and Contemplative Pedagogies Special Interest Group (SIG) is holding an Intentional Conferencing event on November 1 at 3pm Eastern. Join us to share your own ideas:

[https://zoom.us/j/97361500576?](https://zoom.us/j/97361500576?pwd=SlV4VC9LYnNxdkdTaWlkUDZxdGU4UT09)

[pwd=SlV4VC9LYnNxdkdTaWlkUDZxdGU4UT09](https://zoom.us/j/97361500576?pwd=SlV4VC9LYnNxdkdTaWlkUDZxdGU4UT09)

Passcode: 003378



## CLOSE THE DAY WELL

During the conference, members of the MCP SIG plan to offer 10-15 minute guided meditations to help you wind down. Stay tuned for links to these gatherings.

### Credits:

Thanks to MCP SIG members for these ideas: Alexia Ferracuti, Erin Galyen, Adam Smith, Katie Kearns, Susan Hrach