



ZOOM FATIGUE - THE STRUGGLE IS REAL!

Has going digital made it difficult for you to connect with others? Physical and emotional zoom fatigue can set in fast and suck the life from your group. Try some of these strategies to keep the energy flowing and increase participation during your online meetings.

SHORTEN MEETING TIME

- In person groups meet for about 90 minutes. Try shortening the meeting time to about 60 minutes and see how it goes. Depending on your group size you may play around a bit with the length of your meeting.

SET EXPECTATIONS WITH AN AGENDA

- Online video calls with a plan are the most successful. Have a time keeper each week or screen share the agenda with your small group members so they are comfortable with what to expect.

PRE-WATCH THE VIDEO

- Offer the idea that group members watch the small group homily prior to coming to the group. This can cut down on the meeting length.

PLAN FOR CONNECTION TIME AND FUN

- Relationships can strengthen through personal sharing outside of the meeting time as well as while having some fun! Add a monthly time when your group members can connect and not be in "study" mode.

ESTABLISH A HOME BASE

- Communicating between meetings is a great way to grow in relationships. Choose a communication tool to share encouragement, prayers and inspiration during the week like a group text, a private facebook page or other App like GroupMe.