

WLE Webinar

Building Trust and Rapport in a Virtual Medium

1. Brainstorm leaders in the public eye who you consider to be role models. To what degree do they exhibit the behaviors of strong posture, strong voice, and strong eye contact?
2. How aware are you of your own nonverbal communication? Of the skills outlined in this seminar, what are your strengths and/or areas for improvement?
3. How important is it to have a balance between authority and approachability? On which end of the spectrum are you generally more comfortable? When would you need to lean more heavily in one direction or the other?
4. How might it benefit you to show more authority in your style? Which specific skill might you cultivate in order to show more authority?
5. How might it benefit you to show more approachability in your style? Which specific skill might you cultivate in order to show more approachability?
6. What elements of your virtual meeting set up might you adjust to better follow the guidelines of FLAB (framing, lighting, angle, background)?

EXERCISE: Take a moment to adjust any element that can be done as a "quick fix."

7. What is your criteria for deciding whether to attend virtual meetings with camera on or camera off? What are the pros and cons of each format?
8. What are some of your personal solutions for combatting "video meeting fatigue"?