Welcome to Follow-up Friday.
This newsletter style publication will highlight Learning and Organizational Development (L&OD) efforts over the past week as a wrap up and reminder of the concepts and discussions that took place.

L&OD WEEKLY SCHEDULE
CLICK HERE TO VISIT TELECOMMUTING RESOURCES

MINDSET MONDAY’S

TELECOMMUTING WITH CHILDREN TUESDAY’S

PROFESSIONAL DEVELOPMENT WEDNESDAY’S

TAKEAWAY THURSDAY’S

FOLLOW-UP FRIDAY’S & LUNCH AND LEARN

Professional Development Topics:
May 13: Guest Session-Public Information
May 20: Checking In too much or too little
May 27: Zoom celebration

ZOOM ZOOM ZOOM! ZOOM-ITIS?

As we telecommute, communication is key in making sure that we each stay connected and engaged. There are different platforms available to communicate with your team and to conduct meetings. One communication platform that is being widely used is Zoom.

In a quote from Harvey Mackay, he says “Fatigue makes fools of us all. It robs us of our skills, judgments, and blinds us to creative solutions.” In other words, this is what occurs as we experience attention fatigue. As we continue using Zoom as a communication platform, think about what challenges you have faced and what strategies have been successful for you.

“Zoom-itis” brings challenges to our work. Here is a list of challenges we face: We experience attention fatigue, we begin to work on other tasks. We are constantly on camera and focus our attention on what we look like. We experience a sea of faces when joining and leaving a meeting. Each of these calls for attention and creates cognitive fatigue, making it harder for us to focus.

Here is a list of strategies to help minimize attention fatigue with Zoom: Use speaker view to focus on the individual who is speaking. Resist multi-tasking the best you can. When scheduling your day, place intentional breaks between meetings to stretch.

Zoom is a great communication platform to use as we telecommute. Keep in mind that any platform you use will come with challenges but there are strategies to help minimize “Zoom-itis” attention fatigue.

TELECOMMUTING WITH CHILDREN
THE EMOTIONAL CUP

Children have a cup full of emotions that needs to be filled with affection, love, and security. But most children get nervous when their cup is drained by stress, loneliness, fatigue, yelling or doing what they do not want to do. They may fight or misbehave to get attention. When you think of the children in your care is their emotional cup drained... is it getting refilled regularly? Here are some ways to refill their cup: Friendship, one-on-one time, love and affection, and connection.

We also have an emotional cup. The things that fill and drain our children’s cups are also things that impact ours. We need to keep our cup full to care for our children. As caregivers, think of your child’s emotional cup and determine if it needs to be refilled. How can you incorporate some of the things above to refill their cup and how can you refill your own emotional cup?