



Metavision Zoom Etiquette for Teachers and Students

Punctuality

- Start on Time: Our Zoom sessions will begin by 5 minutes past the scheduled start time. This ensures that we respect everyone's time and minimise any inconvenience.
- Late Arrivals: If you anticipate being late, please know that the session may already be underway when you join.

Camera Usage

- Camera On: We encourage everyone to keep their cameras on to foster a relational and interactive environment, as this aligns with the values of the Metavision course.
- Camera Off: We understand and respect individual privacy needs and ***safety**. Please let us know if you find it challenging to have your camera.

Embracing our vulnerability by feeling **"safe enough"** can be both terrifying and liberating, a concept deeply explored by Brene Brown. It's terrifying because it involves facing our deepest fears and insecurities, exposing parts of ourselves that we usually keep hidden. This can make us feel exposed and anxious. However, it's also liberating because it allows us to connect with our true selves and others on a deeper level. By acknowledging and accepting our vulnerabilities, we can experience authentic connections, personal growth, and a profound sense of freedom. It's in this space of "safe enough" that we find the courage to be our true selves and the strength to live wholeheartedly.

- Facilitators: If having the camera on is a prerequisite for your session, please clarify this with students beforehand. However, our Metavision model values diversity and responsiveness to student needs and feedback so that this requirement can be flexible and adapted during the session based on the student's current needs.

Special Circumstances

- **Attending While in Transit:** If you are driving, moving around, or not in a private area, you must turn off your camera to avoid disrupting the class.
 - **Communicate with the Facilitator:** Let the facilitator know if you will attend under these conditions.
 - **Breakout Sessions:** Please note that you may not be able to participate in practice sessions or breakout rooms if your camera is off.

By adhering to these guidelines, we can ensure a smooth and respectful learning environment for everyone involved. Thank you for your cooperation!