

Helpful Tips During Live-streamed Sessions:



GET EVERYONE IN VIEW

Make sure you can see all of the enrolled students on your screen.



CHECK-IN WITH ATTENDEES

Open the class with a brief check-in and acknowledge each person who signed in to join you. Offer your gratitude for participation and support of your work.



KEEP ATTENDEES MUTED

In group settings, ask your enrollees to mute during the class so that your voice is clear and uninterrupted. Then offer them time to unmute and ask questions following the class.



ACTIVELY PARTICIPATE

Move with your client or class as much as possible. It enhances the experience for everyone!

COMMUNICATE

Offer each person a special note of encouragement during the class. For example, "Kara, you are so strong in your upper body today, holding the plank for an extra beat!"



CLOSE WITH GRATITUDE

Close the session with a note of gratitude and let everyone know when they can take the next session/class with you.

