



Connecting in a Virtual World

The COVID-19 outbreak is transforming the way world communicates. Employees across the globe are working remotely, and families and friends now have to speak virtually. While some have transitioned with ease, many are struggling to get used to video calls, emails and texts over every day in-person interactions. Although technology had already transformed the way we stayed in touch, the threat of coronavirus resulted in drastic changes at a breakneck speed.

In this program, you will learn the importance of context communication that is missed on virtual mediums and also learn to mitigate challenges of communicating virtually. These essential tips will help you transition smoothly to a predominantly virtual world.

Facilitator



Anisha Jain
Senior Psychotherapist
Mindtemple Institute
M.A. Clinical Psychology,
EMDR Level 1



Topics

Contents:

- What does connecting in a virtual world mean
- Why do we need social connections
- The good and bad of connecting virtually
- Virtual language
- What makes a difference
- Context communication
- How to improve your professional connections
- How to improve your personal connections
- Conflict management in the virtual world
- Virtual burnout and how to avoid it