

# *Pathwork™ Steps*

## **Workshop Guidelines and Suggestions**

March 2023

### **1. No Registration Process**

- a. These are informal opportunities to participate vs. just listening in turn. Please be prepared to speak with other participants about your Pathwork studies.
- b. There is no fee for the workshop.
- c. Workshops will be held during Week 5 of the usual lecture study cycle, on the same times and dates: Wednesday 7pm, Friday 2pm, Sunday 10am (EST) for approximately 2 hours.
- d. You may attend more than one workshop during the week. Your sharing will be different in some way, even if it seems like you are repeating yourself! And you will be hearing different sharings from others, which may shift your perceptions. And these are some of the aims of the workshop!
- e. Workshop zoom codes are the same as the weekly access codes. These may be changed the following week, so each workshop may be using a different code.
- f. Please email me at [janrigsby@gmail.com](mailto:janrigsby@gmail.com) if you have any questions or concerns.

### **2. Time Management**

- a. If possible, please arrange your schedule so that you have some additional time for yourself afterwards. We can be deeply affected by the seemingly ‘simple’ act of sharing our thoughts and feelings with others.
- b. Plan to arrive at the workshop a few minutes before the scheduled start time.
- c. If your schedule requires you to arrive late or leave early please let me know as soon as possible. If a breakout room exercise has already begun when you arrive, you may need to hang out for a while until that exercise is complete (I will be time-keeping and sending messages, so won’t be able to chat).

### **3. Suggestions**

- a. Please arrange to have as much privacy as possible, so that you can unmute without background noise and be able to focus on what others are saying.
- b. Have water and a snack available so that you don’t have to step away from your phone or computer.
- c. Consider having writing materials available, if you enjoy taking notes.
- d. If you have a video option and don’t normally use it, please consider doing so for the introductions and the exercises. Not being seen by participants may limit their ability to connect or work with you during exercises.
- e. If you don’t want your background area seen by others, Zoom allows you to choose a background picture or personal photo to protect your privacy. You may also blur your background so that only you are in focus.
- f. Not having video access of any kind (such as those who need to phone in) may make participation challenging. I am not familiar with how Zoom informs phone participants what is going on when they are transferred to a breakout room, or how broadcast messages about how much time is left are transmitted. If you are calling in, you also won’t be able to see the other participants, so you will have to rely upon audio only to understand what is being said vs. being able to notice their body language.