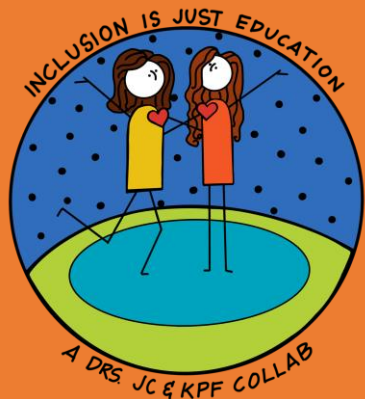


# **Virtually Fabulous PD: How to Teach Adults Anything...Anywhere**

Dr. Kristie Pretti-Frontczak &  
Dr. Julie Causton



# Designing and Delivering Inclusive Virtual Professional Development

Week 1- Designing Engaging and Inclusive Content

Week 2- Discovering HOW to Make Virtual Learning Wildly Effective

Week 3- Delivering Virtual PD Using Innovative Technology

Week 4- Delivering PD Like a Boss

## Designing Engaging and Inclusive Content

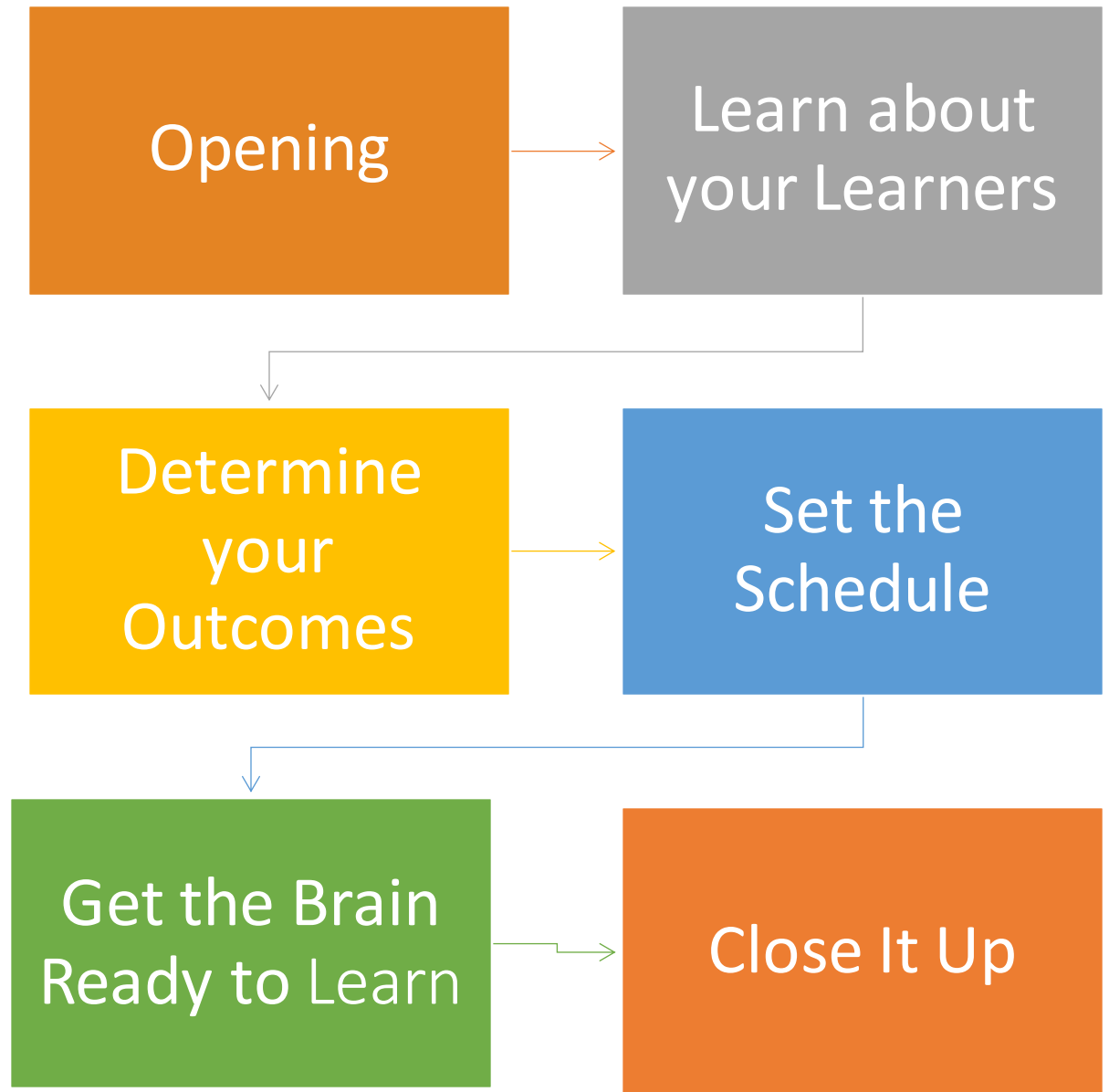


- Learn how to set learning meaningful outcomes, pick your through-line, and select just the right number of big ideas
- Learn how to create a schedule that flows seamlessly!
- Learn how to connect with participants, connect participants with one another, and connect participants with compelling content
- Learn how to support participants regardless of their ability, race, age, gender, etc.

Outcomes for today...



## Inclusive Virtual Learning:





# Opening

(covered in Session 2)





# Open it up!

The goal of the opening is to gain attention and get everyone prepared for the topic of study.

- You want to capture interest
- You want to evoke the PEA
- Generate excitement and promote learning
- A good opener lasts less than 5 minutes

# Learn About Your Learners

(key to supporting them)

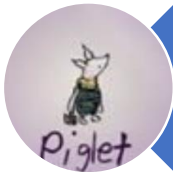




Happy, pleasure seeker, relaxed



Loyal, loveable, obstacle finder



Sensitive, empathetic, kind



Energetic, fun, quick



Wise, gives advice, philosopher



Organized, detailed, rule follower





Gluttonous, dull



Pessimist, energy drain



Nervous, neurotic



Hyper, overactive, loud

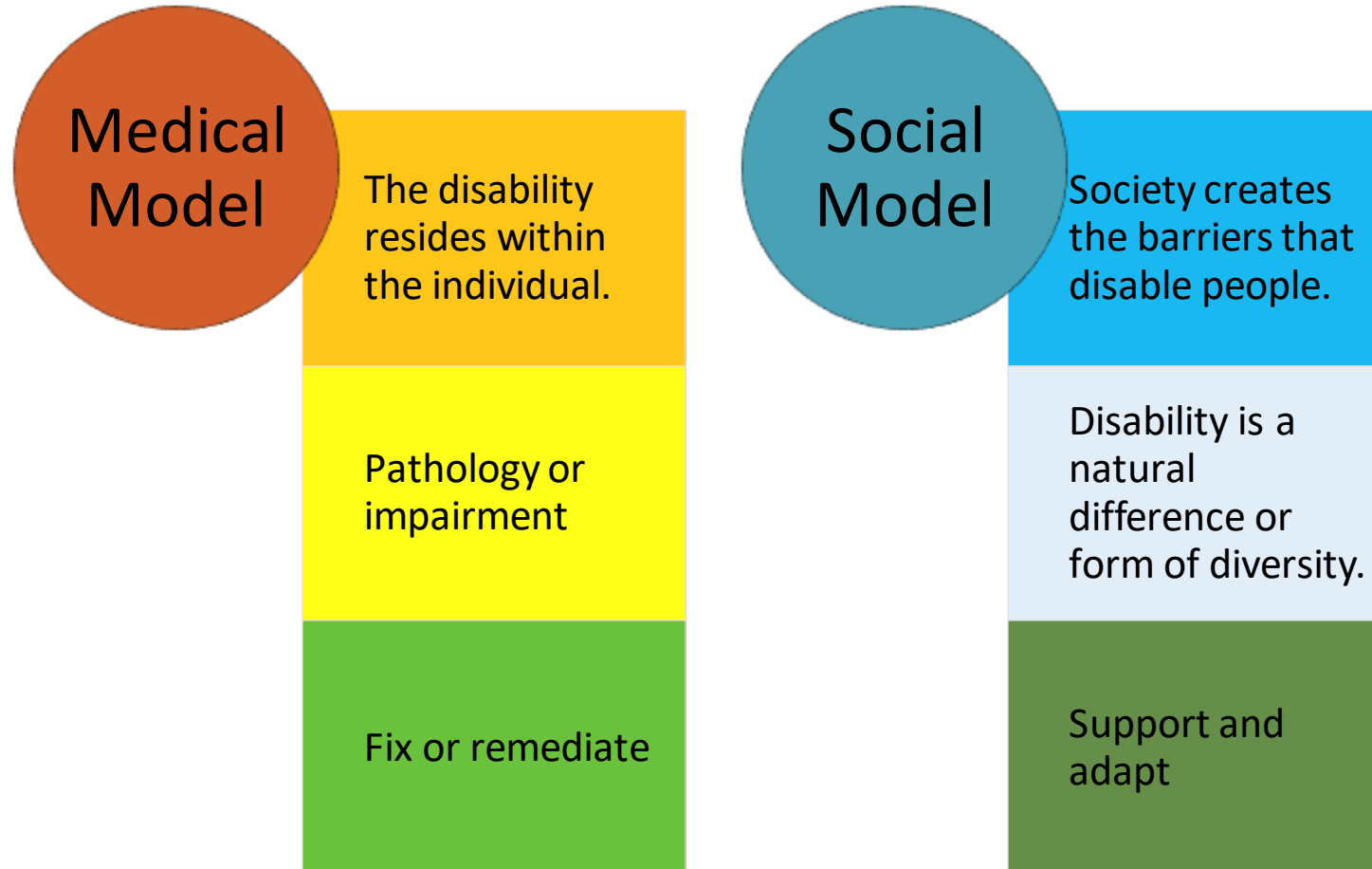


Self centered, egotistical

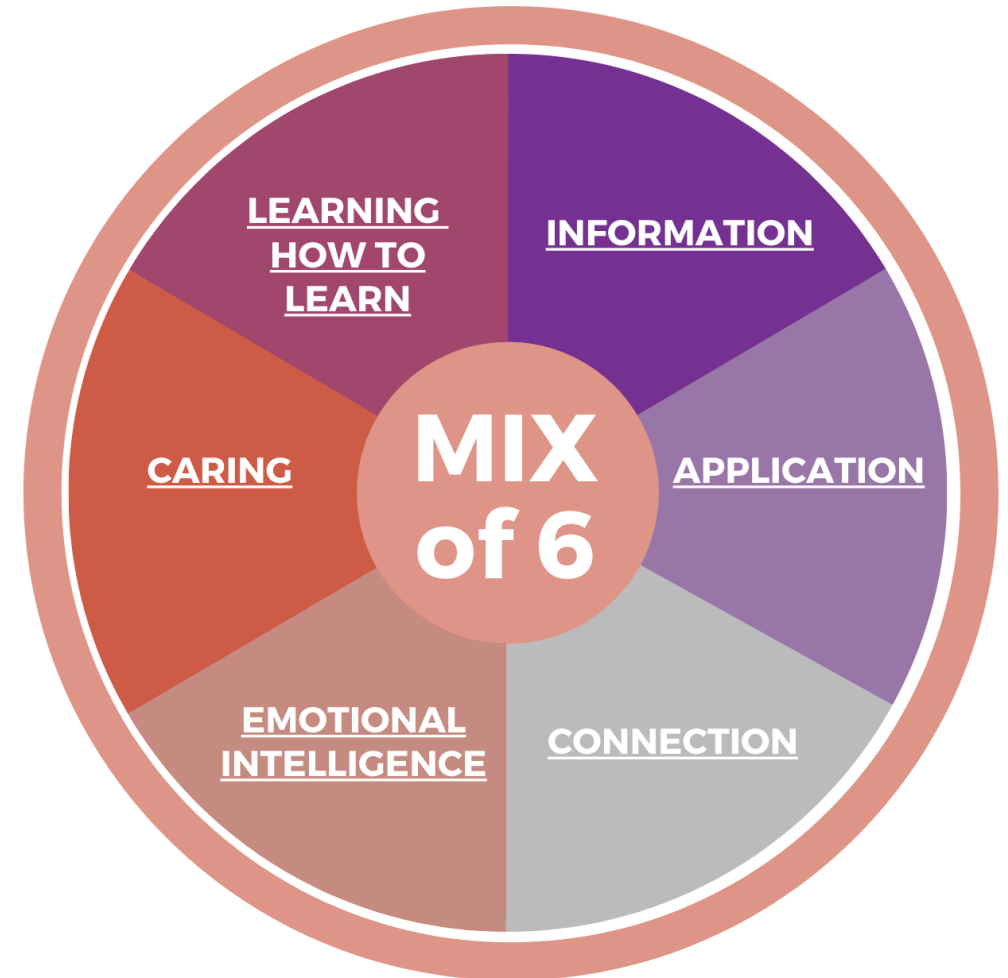


Bossy, inflexible

# Re-think – Re-Story



# Determine Your Outcomes



# Set the Schedule

## Leadership Fellowship Retreat Dynamic Master Schedule\*

August 19th (Wednesday)

Time CT zone	What	Description • Guidebook Contents	Fun • Renew • Connect	Location
3:30-4:00 30 minutes	Room Opens	Feel free to login and get settled; Co-facilitators & EITP team members will join and welcome you at 4:00 pm CT	<a href="#">Prepare your learning area</a> Enjoy the music	ZOOM Main Room
4:00-4:15 15 minutes	Welcome	Opening inspiration Welcome and team level introductions	<a href="#">Trigger the PEA</a>	ZOOM Main Room
4:15-4:45 30 minutes	Greetings	Informal meet & greet with members of the fellowship	"Love Boat" Roles <ul style="list-style-type: none"> <li>• Captain</li> <li>• Cruise Director (<a href="#">connector cards</a>)</li> <li>• Bartender</li> <li>• Doctor</li> <li>• Gopher</li> </ul>	Random ZOOM Breakout Rooms (small groups)
4:45-5:00 15 minutes	Agreements	Community Agreements	<a href="#">Directions</a>	ZOOM Main Room - White Board
5:00-5:10 10 minutes	Break	Stretch - Move - Reflect	Options <ul style="list-style-type: none"> <li>• Step away from the screen and/or take a bio break</li> <li>• Use the <a href="#">"break cards"</a> for more ideas</li> <li>• Change your <a href="#">orientation/position</a></li> </ul>	On your own
5:10-5:15 5 minutes	Transition	Overview of interview activity		ZOOM Main Room
5:15-6:00 35ish minutes	Greetings	Getting to know one another and setting initial goals (use e-Book intros as a reference)	<a href="#">Interview activity</a>	Random ZOOM Breakout Rooms (pairs)

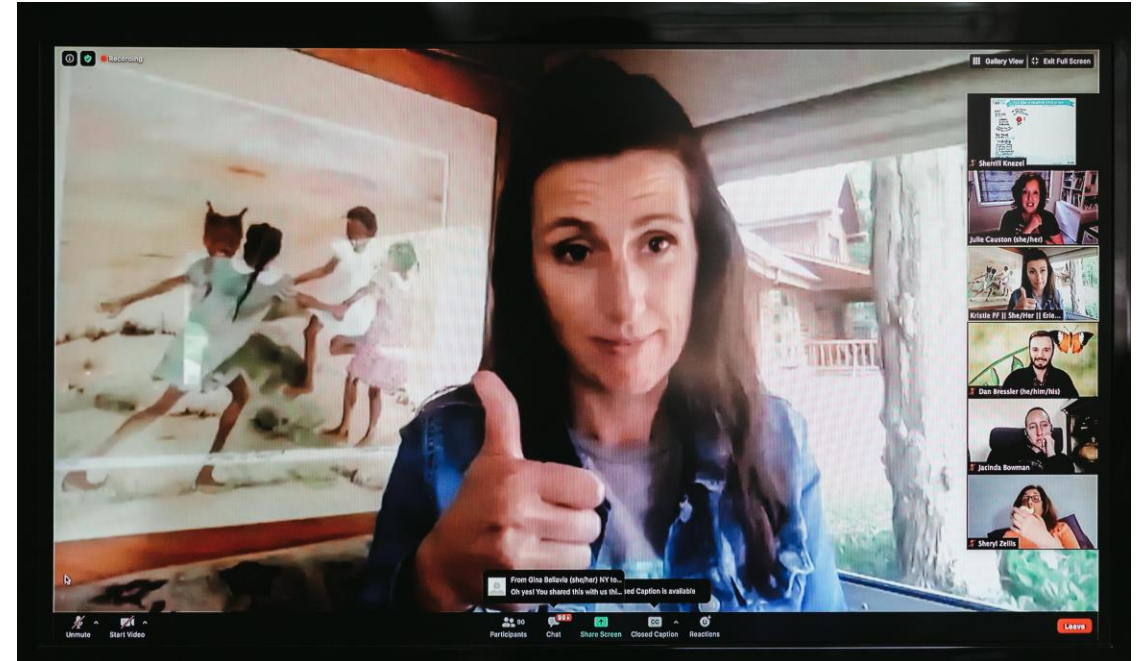
# Lay It All Out

Time	What	Description - Outcomes	Fun • Renew • Connect	Location • Technology • Back Up Plans	Human Support
<b>May 11th - DAY 1 (3.5 hours)</b>					
12:00 pm PT 10:00 pm MT <b>10:00 pm ET</b> 5 minutes	Welcome Summit purpose	Allow everyone to settle into the day Orient to different ZOOM rooms overview of <a href="#">landing page</a> Q&A about the Summit (refer to <a href="#">Summit Guidance Document</a> )	I've just started doing this column so I don't have examples embedded.  <a href="#">Our list of 50+ is a good place to start for ideas</a>	LINK to ZOOM main meeting room	Ashley and Toni
12:15-1:15 PT 10:15-11:15 MT <b>11:15-12:15 ET</b> 60 minutes (including transition back)	Setting the Stage	Brainstorm/focus all the ways that the values are showing up; What are the things we're already doing that can be built upon - keep doing		Small group breakout rooms (random - cross function)  10 rooms (approx 5/per room)	Co-hosts move around rooms as needed <i>Melissa Ashley Toni</i>
1:15-1:30 PT 11:15-11:30 MT <b>11:45-12:00 ET</b> 15 minutes	Gearing up	Introductions Gratitude video <a href="https://vimeo.com/135308696">https://vimeo.com/135308696</a> Review of <a href="#">Summit Schedule</a> <a href="#">Community agreements</a>		LINK to ZOOM main meeting room	Ashley and Toni
2:30-3:00 PT 1:30-3:00 MT	Break			<a href="#">Tree of Contemplative Practices</a>	

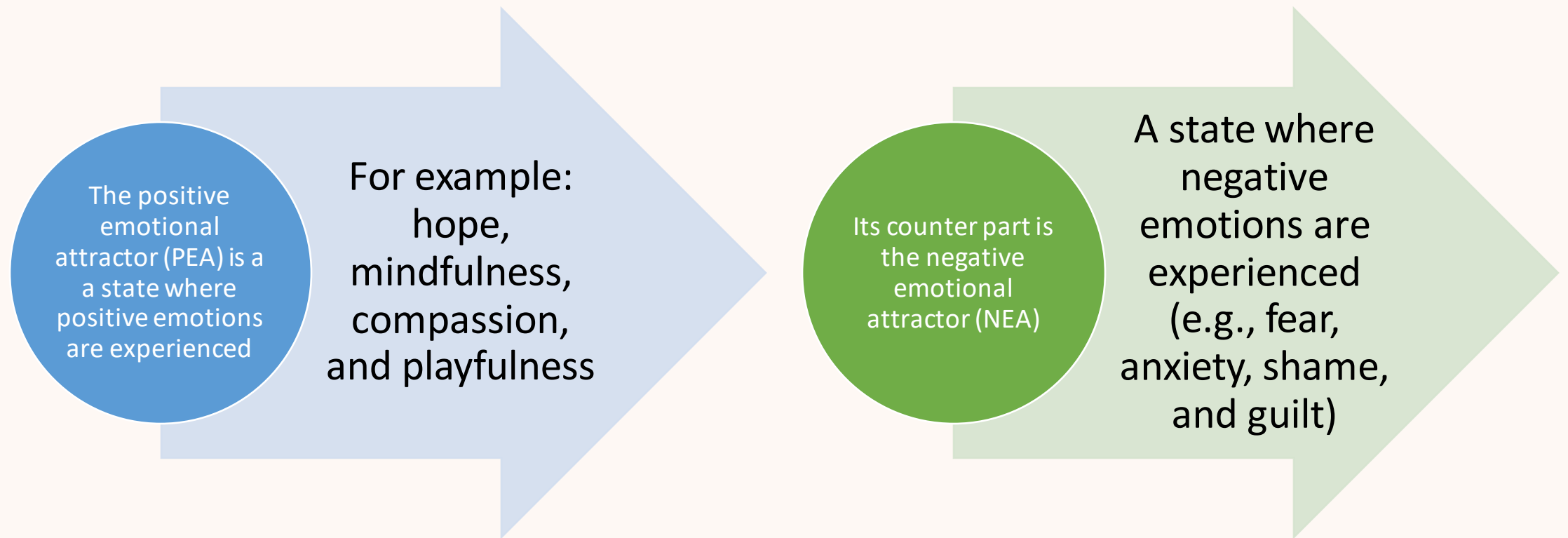
- Time (watch time zones)
- "What" (type of event)
- Description (outcomes on the master)
- Fun – Renew – Connect (links and directions)
- Location (options)
- Human and other support
  - Technology links
  - Backup plan notes
  - Human support notes
  - Directions for co-teachers/facilitators



# Get the Brain Ready to Learn



# What is the PEA?





# PEA vs NEA...which is better?

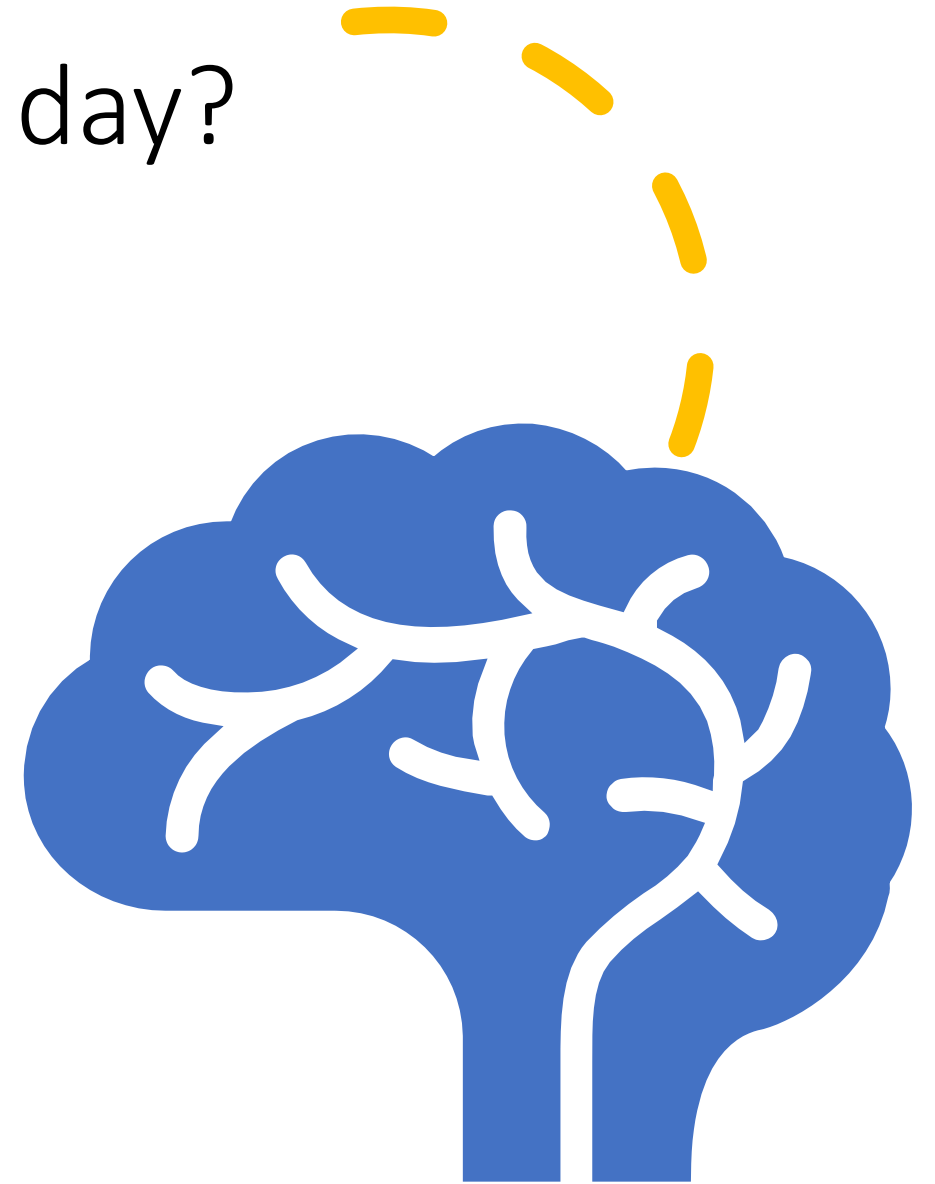
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We need both!

- The NEA helps us face challenges and *survive*
- The PEA helps us to *thrive*!
  - Maintains openness to new ideas
  - Allows us to see possibilities
  - Shifts our mindsets, heart sets, and even skill sets!

# Do we get enough PEA every day?

- Nope!
- Our brains are wired to see everything that **isn't** going well
- Most of our brains spend about 80 %of the time trying to fix what's not working
- The negative is so much stronger that it sometimes takes over the whole show.





# What can we do?

Purposefully trigger the PEA  
2-5 times more than the NEA  
in ourselves and others.



# How do I trigger the PEA?



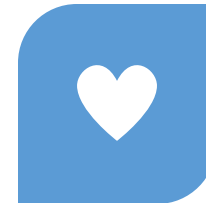
THINK ABOUT  
AN IDEAL  
FUTURE EVENT  
OR POSSIBILITY



EXPRESS  
COMPASSION BY  
RECOGNIZING  
VALUES, NEEDS,  
AND DESIRES



BUILD UPON  
STRENGTHS



EXPRESS  
GRATITUDE



GENERATE A  
SENSE OF HOPE



# Close It Up

# Close it up!

(covered in Session 2)

- As important as your opening
- Avoid temptations to focus on logistics
- Can mirror your opening
- Look inward and turn outward
  - Wrap up the session in a way that is **exciting** and helps learners **review the content** or **make it more concrete**.
- A good closure lasts less than 5 minutes