

Online Meetings – Netiquette and Best Practices

Here are some great tips on etiquette and best practices for you and your participants when joining an online meeting or class. We hope these help you get the best out of your experience!!

BEFORE THE MEETING

	Test Your Technology	Test all your technology <i>(including camera/video, Wi-Fi, and screen sharing if you are the host or presenter)</i>
	Practice Speaking to the Camera and Not the Screen	Our tendency is to look at the person on the screen, but you should look at the camera when you speak so the audience feels like you're talking directly to them.
	Dress Appropriately	Take a few minutes to throw on a clean shirt and brush your hair. The best part of actually getting ready while working remotely is that you'll put yourself in the right headspace to be productive.

IF YOU ARE HOSTING

	Be Prepared	Review your agenda and presentation
	Make time for Casual Conversation	Before and/or after the meeting; <i>Including a few minutes of friendly interaction before diving into a meeting can really build the necessary rapport for a successful session—and keep the team engaged when the conversation jumps to business talk.</i>
	Be Aware of Your Surroundings	Adjust your work setup so that you face a window or are exposed to plenty of light. And make sure your background is professional and work appropriate!
	Introductions	If you have one or more guests, introduce everyone at the start of the meeting/session



IF YOU ARE PARTICIPATING

	Speak Up Upon Entry	When you enter a small meeting (around 2 to 5 people) announce yourself when you join. Just make sure not to interrupt someone mid-sentence.
	Be Attentive	Don't stare at your phone while other people are presenting, be attentive and present.
	Silence Your Phone	Turn off all notifications and make sure your cell phone is on silent
	Don't Type in the Background	Leave your keyboard alone Unless you want to ask questions and make comments silently if desired using the "Chat" feature. In this case make sure your microphone is muted.
	Be Respectful – Raise Your Hand	Don't interrupt other people when they're speaking (or attempt to speak over them) If you want to speak, physically raise your hand or use the "raise hand" feature that is available in the participant panel.
	Mute Yourself	Mute your microphone when you're not talking. This will help eliminate any feedback or background noise that can be heard in your environment.
	Don't Multitask	Don't work on other tasks (like checking emails) during the virtual meeting It may be tempting to check your inbox or carry on a side conversation during a dull moment in a meeting, but don't do it! You might miss out on key information or an opportunity to give input
	Stay Seated and Stay Present	If you're using your webcam, use attentive body language: sit up straight, don't make big extraneous movements, and don't let your eyes wander too much.

QUICK DO's AND DON'Ts

 <p>DOs</p>	<p>10 Do's of Video Conferencing Netiquette</p>	<ol style="list-style-type: none">1. Do be on time2. Do be courteous to other participants3. Do speak clearly4. Do keep body movements minimal5. Do move and gesture slowly and naturally6. Do maintain eye contact by looking into the camera7. Do dress appropriately8. Do wait your turn to speak9. Do mute yourself10. Do set yourself up in a quiet location
 <p>DON'Ts</p>	<p>10 Don'ts of Video Conferencing Netiquette</p>	<ol style="list-style-type: none">1. Don't make distracting sounds2. Don't shout3. Don't make distracting movements4. Don't interrupt other speakers5. Don't carry on side conversations6. Don't wear "noisy" jewelry7. Don't cover the microphone8. Don't eat during meetings9. Don't multitask10. Don't lie in bed

Credit : Canadian Mental Health Association (CMHA)