



# Quick Guide to SEE 2020 Conference

Read this before Friday,  
April 24th, and get  
many of your FAQs

## **Before The Event:**

### **Setting the Stage for Success & a Satisfying Conference:**

- Communicate clearly with people in your house about your expectations for the weekend. Explain that you need and appreciate quiet and focus during the retreat. Of course there are going to be things that might come up that need your attention, but you will have the best experience if everyone in your household is on the same page and knows how to help you achieve that.

- Set an intention now, and *come prepared to ask for what you need*. What do you need to get out of this, that will move you forward? The clearer your intention, the more you are going to get out of the event.
- Have a journal or something for your notes, questions, etc; paper will work better than the screen, as there will be a lot going on, and it's so much easier to stay engaged if you aren't having to switch between the conference and your notes.



- Choose where you'll 'retreat': Don't plan to sit on your bed with your laptop on your lap. It is going to be a very full few days, so create an accommodating and comfortable environment which will help you get the most out of it. Add a few items you don't ordinarily bring to a conference, like a back pillow or alternate comfy chair/seat, maybe an essential oils diffuser, perhaps a blanket or set temperature controls to a happy range.
- Also think about your lighting - make it restful for your eyes, but not so much that it makes you want to snooze! And remember, people want to be able to see you (this is, after all, a real

community with solid friendships!) This is a LIVE conference, not a canned seminar, so the participation of a visible, real-time audience is one of the hallmarks of SEE's community.

- Wear comfortable clothing, and dress just as you would for a retreat or in-person conference
- Consider your snack and lunch situation in advance; we will be having breaks in the program, and there will be both a lunch and supper break on Saturday. We will also have a lunch room break-out for socializing, for those that want it, so it would be helpful to have your lunch and beverage items already prepared.

## During the event

- DO give yourself the gift of peaceful focus. Turn off all email notifications, text messages, phone ringers, etc. It is so easy to be distracted by notifications. This is your annual retreat, so it's completely appropriate to decide there is nothing happening on Facebook or text that can't wait until the next break, of which we have several throughout the day.
- Show up ready to participate fully, and *not just watch*. There are going to be

lots of opportunities to ask questions, share your experience, and participate in the demonstrations. The more you are engaged, the more you are going to get out of it.

- Get active during breaks! Get up from your chair, and leave your computer screen. Get your body moving. If you have a rebounder, or exercise bike, etc., this is an excellent way to quickly refuel the body's energy. And please...stay hydrated!
- And now for something helpful with humor: It is easy to forget your camera is on. In a recent class one of the participants jumped up, and he was only in his underwear. So.... best to fully dress, and if you are going to get up, it is a best practice to turn off your camera before you leave the screen.
- Only unmute yourself when asked, or it's time to answer a question. Computer microphones pick up *a lot* of background noise, which can be very distracting — mostly to others on the conference. We tend to tune out small audio annoyances, but the others cannot, so please be kind and mute.
- Q&As are part of the intimate and interactive personality of the gathering;

each presenter has their own style and will announce at the beginning of their presentation how they would like to handle the Q&A's. Jondi & Kris will work the chat box for other questions and comments.

- Write down *more* notes than you would if you were attending the conference in-person. This will help you stay focused, in the moment, and help your information retention
- Socializing and visiting is a hallmark of SEE, which is a bit harder, this year. So here's what we'll do: on our lunch breaks we will create a lunchroom breakout, so you can have your lunch with others that want to connect and chat. (It will be one open room for *anyone who is interested*.) Our community is typically a hugging one, so being able to put those feelings into words and spend time with one another will make that conference more like its in-person roots.
- We are recording all the presentations with the *hopes* of sharing with you after the fact. If you volunteer for a demo, you *will* be recorded. HOWEVER....we do not know if this will work perfectly, so we are not announcing or promising the recordings, to avoid disappointing anyone. Note that we will NOT be recording the break-out rooms.

- On Saturday evening we will be offering two different kinds of experiences - one is a marketing workshop that will feature break-out rooms with hand-outs. And later, we'll experience a sound bath; it's going to be awesome, and you are going to get even more out of it if you are wearing headphones or earbuds during the sound bath presentation. You will be instructed when to put them on by the presenter, Greg Carpenter, after his introductory presentation.

**More questions? Let us know.**

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