Top 5 Tips for Engaging & Interacting in a Virtual Session

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1: Webside Manner

- Camera
- Body Language
- Hands
- Fidgeting and body movements
- Stay Seated
- Present Professionally
- Environment
- Avoid Eating or Drinking
2: Language Matters

- Descriptive
- Reflective Listening
- Feedback
- Empathetic Statement
- Practice Clarity
- Intentional Listening
3: Experiential

• Engaging
• Think outside the box
  • Deep breathing exercise
  • Relaxation techniques
  • Stretching
4: Modeling

- Disinhibition
- Distractions
- Professionalism
5: Be Prepared

• Have documents ready to share virtually
• Have a variety of topics ready
• Be willing to go where patient wants to
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