

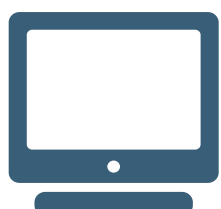
TIPS FOR VIRTUAL RDI CONSULTING

5 WAYS TO MAKE THE MOST OF YOUR TIME TOGETHER!



Time

Get creative with what time is best for you and your consultant to meet face to face in your online platform. The great thing about being virtual is the flexibility of the meeting time.



Technology

It's ok if there are technological problems! Technology has evolved rapidly since we first started doing RDI virtual (we used to have to mail our videos across the country!) but that doesn't mean there will never be problems. Just remember, it is ok if everything is not perfect. Ask your consultant for help, and most importantly, don't be intimidated by the tech! Everyone is struggling right now and when in doubt, restart your device (that actually can work!)



Record

For some reason, when not taking notes you listen and absorb information better. So drop the pen and push record! Almost any online meeting platform, like Zoom gives you the ability to record your conversation. If you don't have that ability you can even record the audio on your phone!



Organize

Meeting online is easier to organize which can mean you get more done! Not only can your consultant create presentations to share, you have the ability to share your screen and show your consultant videos or recordings to look at together! Going online can make your consultant meetings more productive!



Environment

Make sure you are in the least distracting environment in your home (as possible) when you are going into a meeting with your consultant.

Don't:

- Worry about how you look
- Worry about how you sound
- Worry about how your house looks
- Stress over technology
- Try to cover too much in one session
- Rate yourself. This is not a performance :)

YOU ARE DOING GREAT!

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