



SUPERCHARGING ONLINE ACTIVITY!

**Taking the next steps to grow your
confidence and engagement online**





Smiling

Listening

Sharing

Thinking

Reflecting

Designing

Talking

Snacking

Relaxing

Interacting

Inspiring

**SUPERCHARGE = SUPPLY WITH
EXTRA ENERGY OR POWER**



Feel more confident

**Be inspired
to inspire others**

**Avoid digital fatigue
(for hosts and participants!)**

**Showcase your
ideas/project**

**Keep your message
fresh and engaging**

COMMUNICATION AND BODY LANGUAGE

- Check your background
- Housekeeping (setting the scene)
- Language and tone
- Non verbal communication
- Power of silence!
- Active listening
- Enjoy yourself!





THANK YOU!!

