Building Your Community Connections During and Post Pandemic Times
CADCA’s Webinar Wednesday
February 17, 2021

GLOBAL | COLLABORATIVE | INNOVATIVE | PASSIONATE | LEADER

LET’S GET STARTED!

CADCA Brand Attributes

GLOBAL
Be culturally sensitive
Be open to differences and embrace our many diverse characteristics

COLLABORATIVE
Be solution-focused
Be cooperative

INNOVATIVE
Be creative
Be open to new ideas

PASSIONATE
Be champions
Be cheerleaders

LEADER
Be inspirational
Be influential
Be responsive
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WHAT WE WILL DO

1. Learn ways to strategically connect and keep partners engaged virtually
2. Design ways to connect to the community in a safe and meaningful way
3. Strategize ways to breach the digital divide, carrying our work beyond screens

PERSONAL GOAL OF 50 TIPS~!

A Little About Your Trainer:

MY COMMITMENT TO YOU:

I will do my best to keep energy up even in a virtual space—After all we are talking about ENGAGEMENT!

For those that like a little competition:
You can earn imaginary points along the way
(BONUS FOR SOCIAL MEDIA CHALLENGE)
The COVID Experience (So Far)

- **Denial**
  - Dec '19-Jan '20: Happening elsewhere. Does not concern us.

- **Concern Building**
  - Feb '20: Early stages. Don’t panic. Do you remember your manners?

- **The Great Shutdown**
  - March 13-16, '20: Everything closed down. Do you remember your manners?

- **PANIC/FEAR Only Essential**
  - April/May '20: Only essential things allowed. Shopping, dining, and hospital visits.

- **Adaptation**

- **Redesign**
  - Sept-Oct '20: Schools return. Hybrid/remote. All over again.

- **New Challenges**
  - New skills. New challenges.

- **All Over Again**
  - Nov '20-present: All over again.

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**CONNECTION**

- A photo of two people talking in a café setting.

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- A photo of three people sitting in a field at sunset.

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CHALLENGES TO MEANINGFUL ENGAGEMENT

TRANSITION TO A VIRTUAL PLATFORM: Good, the Bad, and the Ugly

Technology
Space
Home Environment
Zoom/Video Etiquette
The Square World

Being Present
Down time of transition time
Overbooking
Increased Attendance
Do I really look like that/sound like that?
WHO IS IN YOUR ZOOM
THE ONE WHO FORGOT THEY WERE ON CAMERA OR NOT ON MUTE
THE NAME - ARE YOU REALLY THERE
THE CHAT BOX PERSON
THE MUTER

YOUR NAME
BEST ATTRIBUTE
WARRIOR - GODDESS
CHAMPION - OR ANY OTHER UBER POWERFUL WORD!

STARTING WITH THE SET UP
LIGHTING - SQUARE THE CAMERA ON YOU (WHILE FINDING YOUR ANGLE)
GET CREATIVE - USE BOXES - ADJUSTABLE TABLE - IRONING BOARD
PRACTICE ZOOM - YOU WOULD PRACTICE FOR PUBLIC SPEAKING Right? TWO-FER
CLAIM YOUR SPACE - When and where you can
EMBRACE THE AWKWARD!!! THIS WAS NOT NATURAL A YEAR AGO!

ENGAGE PRIOR TO ENGAGEMENT
FILTERS IF YOU CHOOSE (WE WON'T JUDGE)
"The Set"
GREEN SCREEN
MUSIC
VIRTUAL BACKGROUND
LOGO
THEME
GUESS THE OLDEST BUILDING IN THE COMMUNITY
GUESS THE STAR
GUESS THE SECTOR MEMBERS BABY PICTURE
CURRENT EVENTS
ENGAGEMENT

WHAT IS YOUR PUMP UP SONG?

TYPE IN THE CHAT

cada.org 16

THEMES

WHAT ARE SOME IDEAS FOR VIRTUAL BACKGROUND OR DRESSING UP?

GO AHEAD-
PUT IN THE CHAT!

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POSITIVITY BURST-
IDENTIFYING RISK AND PROTECTIVE FACTORS

THINK OF ONE POSITIVE THING YOU HAVE SEEN IN YOUR COMMUNITY DURING COVID?

POSITIVITY BURST: Come up with one word-type in chat but do not hit enter.
Using the Experiential Learning Cycle in Today’s World

David Kolb’s 1984 theory that learning happens most effectively in a four-step process:

- Framing – involves providing details of the task to be done. Develop a metaphor.
- Doing – participation in the experience.
- Reflecting – given an opportunity to reflect upon the experience.

1. **Framing**
2. **Doing**
3. **Reflecting**

Kolb’s (1984) Experiential Learning Cycle:
- Provide a Concrete Experience
- Task and process results are identified and explored
- Experience are the catalyst of the cycle
- A phase reflection process is essential for growth
- What happened in the activity?
- What can we learn from what occurred?
- Now what can we do with this information?
Goal Setting – SMART

✓ Specific – clearly defined, identifiable objective
✓ Measurable – measurable in time and quantity
✓ Achievable – must be reasonable and attainable
✓ Relevant – addresses an activity that makes a positive difference in overall performance
✓ Trackable – monitor progress

STAGES OF GROUP DEVELOPMENT

• Forming – Briefing, identifying the purpose of the group, explore how group members fit
• Storming – Involve conflict as members question what is happening – may challenge authority
• Norming – Find the group to be trustworthy
• Performing – Performs tasks effectively and efficiently
• Adjourning – Creates closure

ACTIVITY TYPES

Icebreakers & Acquaintance
De-Inhibitor & Energizer
Communication
Trust
Decision Making/Problem Solving
Closure & Transference
Debriefing
**ICEBREAKERS & AQUAINTANCE**

- Fun!
- Opportunity for group members to interact
- Get to know you
- Success oriented – create minimal amount of frustration, verbal interaction, and decision-making skills
- Does not arouse frustration or anxiety

Favorite Movie
Would You Rather
Something that represents you
If I was coming to your town?
First place you would show me
Where would we go to eat?

**DE-INHIBITIZER & ENERGIZER**

Involve some emotional and physical risk – may arouse some discomfort

Trying and making a good effort are key

Fun activities allow participants to view themselves as more capable and competent

Encourage participation and increase confidence

OH HHHH THAT’S ME VICTORY POSE HIDDEN OBJECTS
CELEBRATION POSE

TRUST

- Involve group interaction
- Balance of fun and risk
- Group members provide support
- Risk taking occurs at many levels
- Development of trust occurs gradually
- Activities are chosen with intent of building trust

BUILDING VIRTUAL TRUST: RULES OF ENGAGEMENT

Mousetraps Make for Great Opportunities to build TRUST!
DECISION MAKING & PROBLEM SOLVING

Physical activity and verbal communication are involved to solve problems.
Higher level of frustration is purposely aroused.
Demands that group members can listen,
cooperate, and compromise.
Success is dependent upon individuals being able to learn how to support and encourage each others’ efforts.
Learn value of thinking and planning ahead.
Help develop skills in assessing problems, formulating solutions, and working effectively with strengths and weaknesses.

VIRTUAL WORLD: COLLECTION OF RESOURCES PRIOR

DEBRIEFING

The process of reflecting and processing.
Discussion helps provide an opportunity for the group to gain strength and become a more integral part of the change process.
Everyone participates.
Full Value Contract is in effect.
CLOSURE & TRANSFERENCE
Reflect on what they have learned
Apply in life or workplace

GAGGLE
CHECK YOUR EGO AT THE DOOR
BUILD OFF IDEAS
THROW IT ALL IN
YES AND... WHAT IF...
WORKSHOP

WORK WITH THOSE SMARTER THAN YOU!
WAYS COALITIONS CAN USE:

- Flippity
- My Free Bingo Card
- Canva/Poster My Wall
- Playlist
- Zoom
- Business Sponsor
- Prizes
- Nominal Fee
- Play Outside 6 Ft Apart (Check Local Guidelines)
COMMUNITY SCAVENGER HUNT BASED ON PROTECTIVE FACTORS

Clean Up?
COMING SOON:

COME JOIN ME IN THE CADCA COMMUNITY!

Stay Connected!
- CADCA
- CADCA
- CADCACoalitions
- CADCAorg
- CADCA
- community.cadca.org