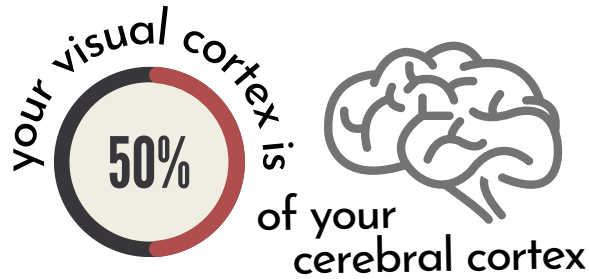


Zooming to Better Human Connection & Success

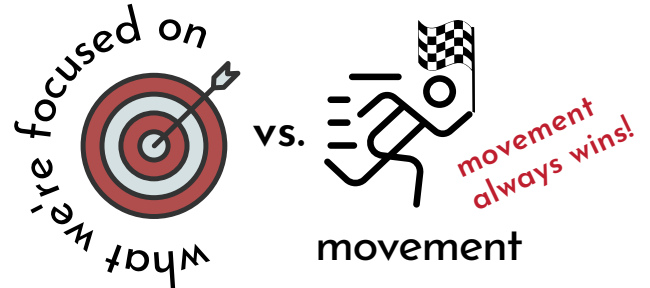
Zooming that works with your brain instead of against it!

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How we're built...



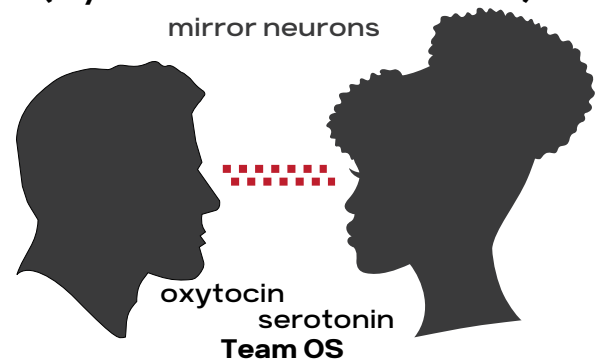
2 competing foci



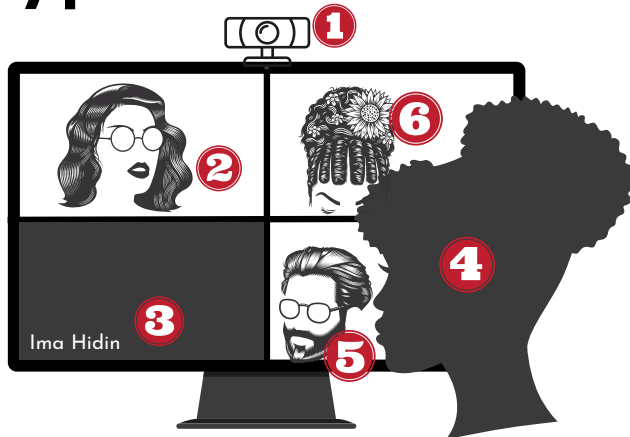
plus...
We're wired for Belonging!

--- feel, own, and care for ---
(*synchronous* relational communication)

(eyes on face & hands)
mirror neurons



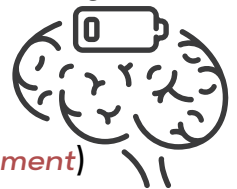
Typical video meeting...



Breaks your belonging circuits...

Comms become asynchronous:

1. look at camera, you can't see their face
2. look at face - to them, you're not looking at them
3. video off triggers concern
4. camera not at your eye level
5. upper body is hidden off-screen
6. self-view is in visual acuity (*movement*)



our brains end up in overdrive.

You'd hate all these things while with a person at a coffee shop, or bar!

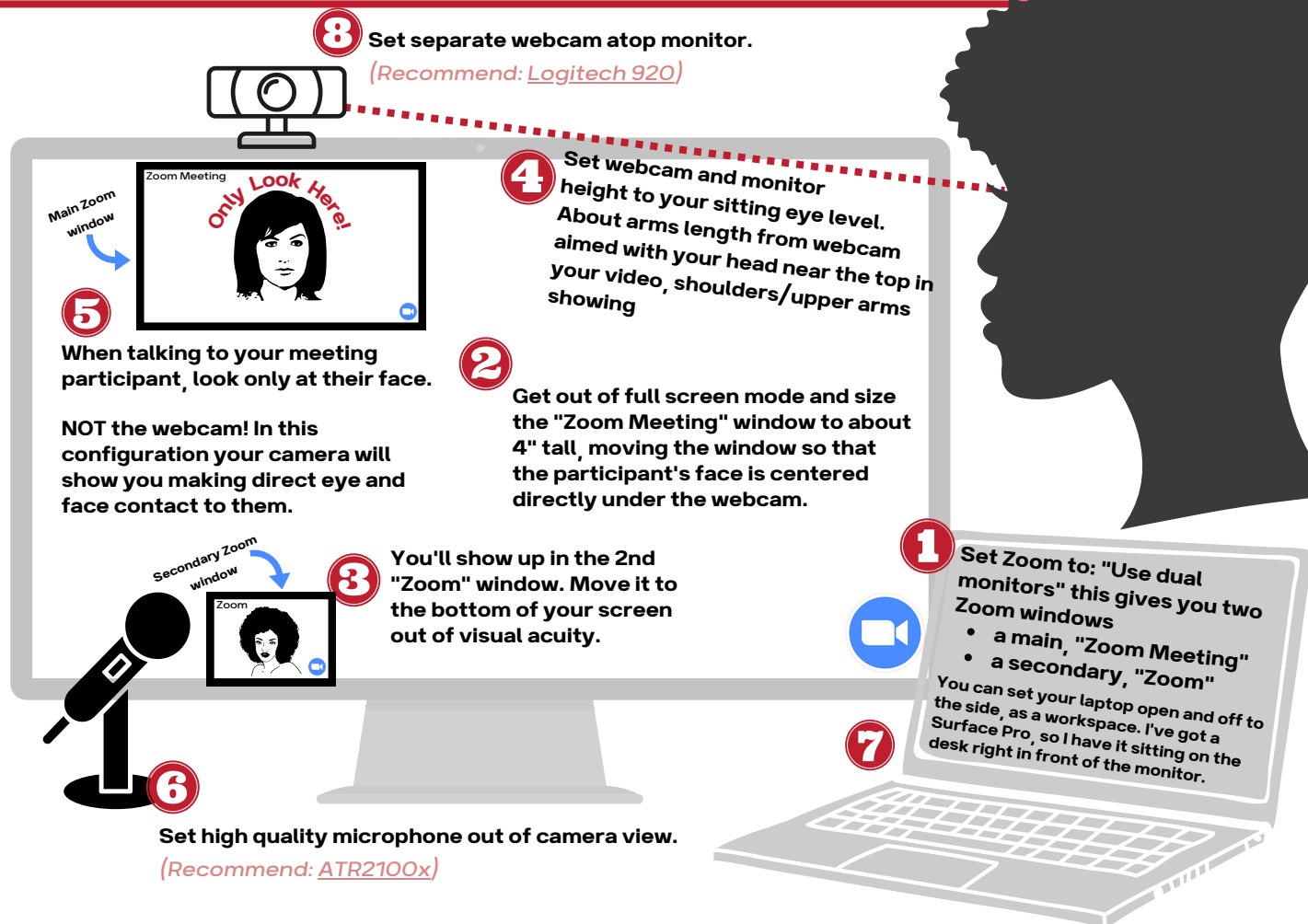
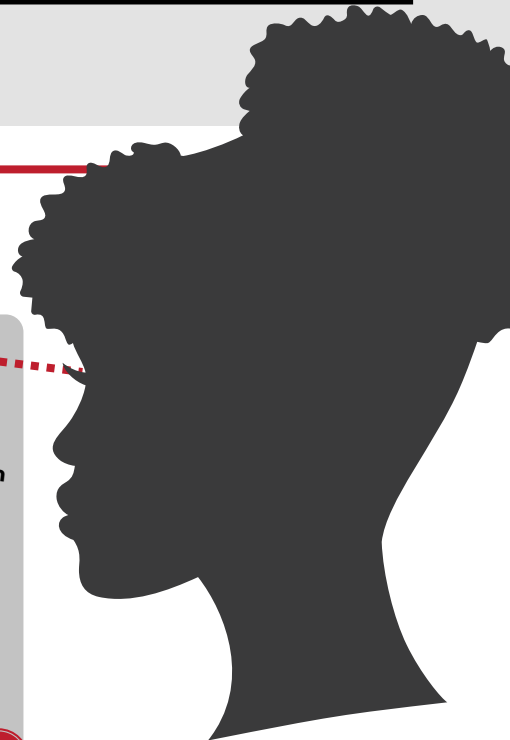
There's a way! (but for now, it only works in Zoom)



Configuring Zoom 1-1 for Your Brain in Belonging!

Quick Reference Guide

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Zoom config settings for Team OS:

- General tab
 - Check, Use Dual Monitors
 - Uncheck, Enter full screen automatically
 - Check, Always show meeting controls
- Video Tab
 - Check, Mirror my video
 - Uncheck, See myself as active speaker while speaking
- Audio Tab
 - Uncheck, Automatically adjust microphone

Team OS Benefits



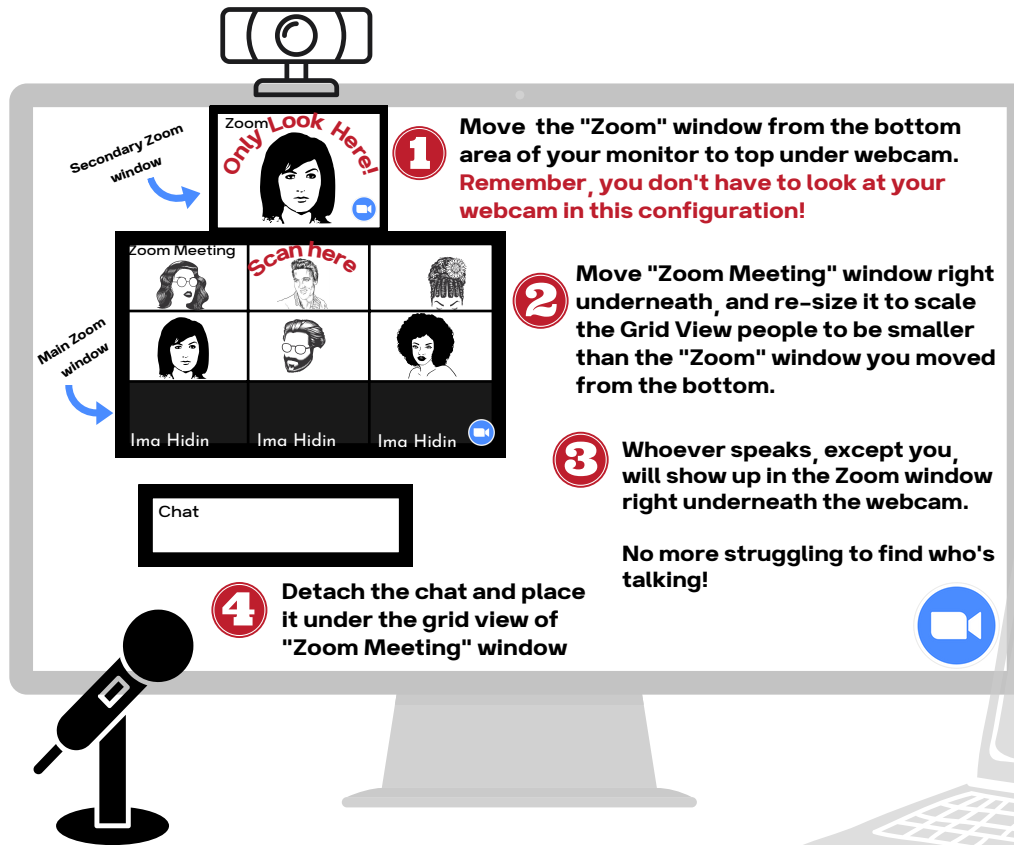
Zoom now works with your brain in belonging.



Configuring Group Zoom for Your Belonging Brain!

Quick Reference Guide

www.heartbasedleading.com



In my experience, for actually connecting with people, a Zoom meeting can't exceed 24 people. Kind of a Zoom's Dunbar number.

Here's what happens while you're in group configuration:

- You get to function like your brain wants! As a human in synchronous relational belonging!
- You and your people get your **Team OS** with all of its performance benefits (see page 2, above)
- AND... it's multiplied to everyone in the meeting grid that you're talking with!
(Your same connecting face & body, with whom you're talking, spurs mirror neurons, and generates oxytocin and serotonin in them also.)
- The grid mode in the Main Zoom window allows you to function more like you're sitting at a table in a pub, where you can track and move your focus on people. You also get to move a person you want to pay attention to anywhere in the grid, say near the top for a quick checking glance.

I hope you found this workshop, [Zooming for Human Connection and Success in Belonging](#), helpful. For other belonging workshops click here, [HBL Belonging and Performance Workshops](#).

Zoom now works with your brain in belonging, in groups!

