

Having a conversation online

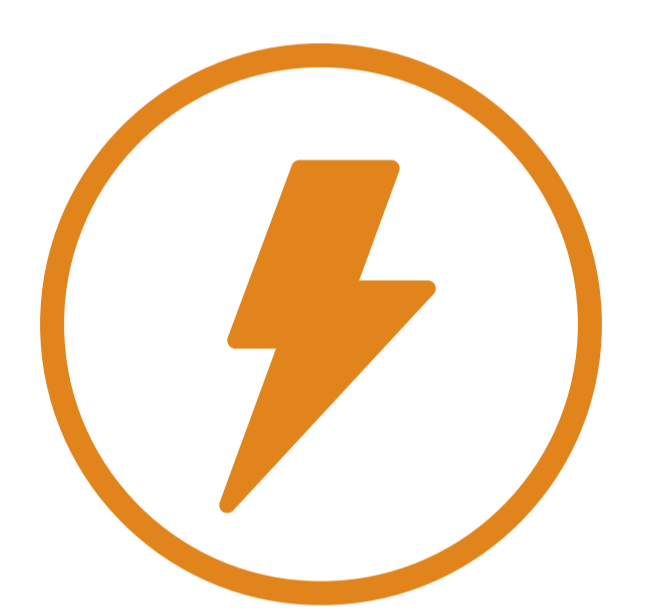
Working from home is the new reality for many employees. At the same time, remote work can come with many barriers, such as navigating how to best communicate online. These barriers can be faced by a number of employees, particularly by Autistic employees.



Barriers and solutions of online conversations



Adding your thoughts to a conversation while others talk at the same time or when they interrupt one another

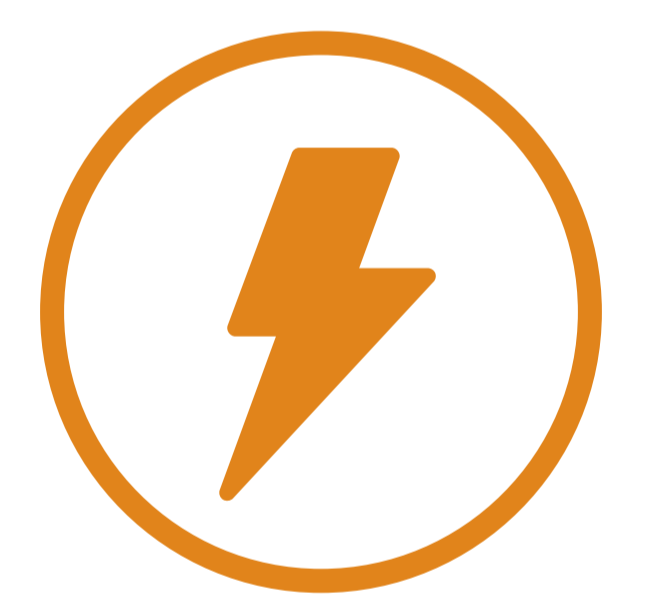


Type in the chat to add to the conversation.



Use the “hand raising” feature to let others know that you are ready to share your thoughts.

Controlling what your image says about you on camera

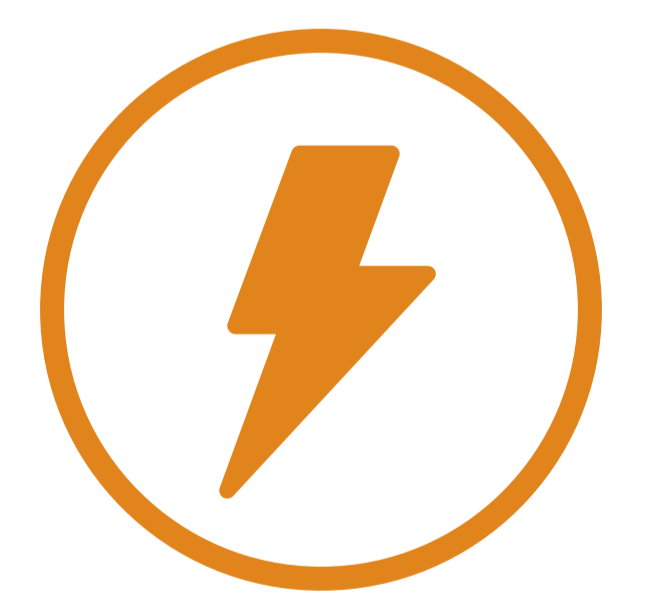


Look at your video preview to see how you look to others. If desired, adjust your appearance.



Turn off your camera if you prefer not to be seen.

Struggling to gather your thoughts when needing some silent moments for reflection.



Get a team member to help moderate the discussion to manage the conversation flow.



Ask each speaker to recap the most important points when they are done talking.

- _____
- _____
- _____
- _____
- _____

