

Overcoming Zoom Fatigue



Do you know what "Zoom fatigue" is and how to combat it?

Are you interested in designing virtual experiences that minimize virtual classroom burnout?

Would it be helpful to know how to keep Zoom fatigue from moving into Zoom attrition?

Over the last several years, we have seen extensive changes in live virtual delivery, in particular the near-universal adoption of virtual classrooms to support real-time learning. With that, we are also seeing a trend toward longer virtual programs (> 6 hours in one session). And video. Lots of video. With everyone on mute. Is it any wonder we are exhausted?!

No matter which virtual platform you use, "Zoom fatigue" is real. Even science says so:

"Zoom fatigue describes the tiredness, worry, or burnout associated with overusing virtual platforms of communication. Like other experiences associated with the coronavirus (COVID-19) pandemic, Zoom fatigue is widely prevalent, intense, and completely new." (A Neuropsychological Exploration of Zoom Fatigue – Psychiatric Times)

Despite the fatigue, the heavy adoption of virtual training isn't going away. It is the only approach that allows everyone (wherever they are) to participate in their organizational training. So the question becomes, how do we meet our training goals without forcing our learners to sit idly in front of their computer screens for eight hour stretches?

We will answer that question during this two-hour collaborative workshop, when your team will work in breakout groups to redesign a virtual lesson to maximize environmental and emotional engagement. You will leave with an action plan to help your team plan for success.

Everyone will also receive a toolkit sharing additional practical advice for minimizing Zoom fatigue.

Guiding Questions for this Course

- What really causes Zoom Fatigue? How does it impact the effective transfer of learning?
- How do I design virtual experiences that minimize virtual classroom burnout?
- What can my virtual classroom facilitators do to foster the environmental engagement needed to ensure Zoom Fatigue doesn't become Zoom attrition?

AT A GLANCE

Supported Virtual Classroom Platforms

Zoom, Microsoft Teams, Webex® Training, Adobe® Connect™, Citrix GoToTraining®, Blackboard Collaborate™, Google Meet

Don't see your virtual platform listed? Ask!

Rate

- \$1,500 USD for up to 12 participants (additional participants \$100 each)
- Bundle 6 workshops for \$7,500 USD - that's a savings of \$1500!
- Contact sales@insynctraining.com to create your team's custom learning path and create a schedule that works for you.



**Inquire
Engagement
Framework**

This program is grounded in the Inquire Engagement Framework® — a three-pronged approach to maximizing engagement of all learners in the virtual classroom. The framework, an ongoing research effort at InSync, is designed to optimize an organization's existing training and provide a new construct for creating training programs that work in today's hybrid workplace and "virtual first" approach to training and employee development.

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