

Invitation to participate in the
“Mindful Change Leadership Development Program”
- an 8 Week English Pilot
FAQ’s

Q: Is it going to be delivered in English, French or Bilingual?

A: At this time, as it is a pilot, this program will be delivered in English.

In the future it is the intention to deliver it in French at a later date.

Q: Do I need a webcam to participate?

A: Webcams are always good to have particularly in smaller groups and one-on-one exercises. Having a webcam help others know the face of the person who is talking.

Q: I'm not sure if I have access to WebEx, how can I test that?

A: For testing the WebEx, you can follow this link <https://www.webex.com/test-meeting.html>

Additionally, you can check the following documents:

- [WebEx Testing microphone, speaker and webcam.pdf](#)
- [Webex introduction.pdf](#)

Q: I am on holidays for part of the program, so I will miss some of the sessions - is that a problem?

A: Ideally you're supposed to be available for the whole program, with this, I understand things happen. You should talk with your “Buddy System” about this.

Q: What is the total required time to participate in this program?

A: As per the description in the invitation, from 1 hour and 20 minutes to 2 hours per week

Q: Is this something we can attend as a group? (Like in a team, booking a boardroom)

A: This program is intended to be attended by volunteer participation and connect individually. The reason for this is because there are a couple of sub-groups activities likely to be randomly assigned by webex.

Q: Will I be connecting using the telephone or by using my computer speakers/headphones?

A: Webex audio is your best option, thus using your computer’s speakers (headphones, earplugs or similar), and microphone. This is given that some of the exercises requires that you put your hands down.

Q: Is there any cost associated to this program?

A: No, only your commitment to participate throughout the program

Q: Am I going to receive a confirmation email when I register?

A: Yes, likely 5 days prior to the start of the program, those who registered will receive the pre-program self-assessment

Q: Do I need my managers approval/signature to participate in this training?

A: As with all training, you should have your managers approval. No paperwork is needed for registering