

THE ART OF

Participating in an Online Schwartz Round

Schwartz Rounds are facilitated multidisciplinary conversations about the emotional impact of our work.

Online Schwartz Rounds aim to provide a safe space for colleagues to reflect together on the lived experience of working in healthcare, helping staff feel connected and supported.

BEFORE THE ROUND?

Take a few minutes to:

- Slow down, have a tea/coffee/water, allow yourself to enter a reflective space
- Try to find a private space to attend the Online Schwartz Round and ensure you can comply with physical distancing of 2 metres for the duration of the session
- Join the chosen online platform with the meeting ID and password 5 minutes before the Round starts & join with audio & visual
- Try to use headphones/ earphones with a microphone if you can, as this will enhance the privacy of all who are speaking in the session.
- Ensure your device has adequate battery power!



DURING THE ROUND

- Leave your camera on for introductions
- Type your name in the chatbox function to introduce yourself
- Switch off your camera and mute mic for the storytelling to minimise distractions
- Stories are told without interruption, comment or applause
- Switch on your camera when invited by the Facilitator for the group discussion



JOINING THE DISCUSSION

- Remember it is the emotional impact of the stories that we are reflecting on
- Silence is normal, allow yourself to sit with it and reflect on the stories/your thoughts and feelings
- If you feel overwhelmed you can message the Facilitator privately in the Chatbox
- If you wish to contribute, type your name in the chatbox & the Facilitator will invite you to share your reflection



ENDING THE ROUND

- The Facilitators will signpost the staff supports available to those who may like to access them
- A feedback link will appear in the Chatbox function - please take a moment to respond as it is important to give your feedback
- Finish with a butterfly hug or other grounding technique



OTHER TIPS

- Acknowledge the isolation -this is normal in the current climate
- Remember it is a confidential, non- judgemental space - allow yourself to feel vulnerable
- Take some time for yourself after the Round
- Check in with colleagues that may have attended also

