

VIDEO CONFERENCING STRATEGIES FOR PEOPLE WHO STUTTER

Pre-meeting

PREPARE YOURSELF

Familiarize yourself with the agenda and the attendees. Prepare yourself well with what you want to say, meditate before high-stress meetings.

1

2

CUSTOMIZE YOUR SETUP

Adjust your desk/computer to get the best posture and voice projection. Ensure that your face is centred and make effective eye contact.

REQUEST FOR ACCOMMODATION

Ask for extra speaking time, more comfortable speaking order (e.g. being the first during self-introduction), or not being spotlighted when speaking.

3

During the meeting

4

EMBRACING YOUR IDENTITY

Be ready to disclose one's stutter early on, and in an unapologetic, informative way.

COMMUNICATE NON-VERBALLY

Leave the camera on, be more animated. Use your body language, facial expression, and eye contact. Indicate when you start and finish talking.

5

Post meeting

6

RECAP AND REFLECT

Follow up in emails or chat if you did not say everything you wanted. Recognize your achievements, treat yourself as you'd treat a good friend.