

# Check-ins, Check-outs & Regenerative Cultures Statements

## Check-Ins and Check-Outs

These are an important aspect of the care which threads through our Principles and Values. They are not compulsory for training sessions but, ideally, presenters should try to do **check-ins** as a way for everyone to connect with each other and ground themselves in the moment.

If you want to do them, always give participants the option not to check-in or out if they don't want to, and perhaps suggest they use the chat instead.

For verbal check-ins with more than 5 participants, use breakout rooms but always explain that participants can return to the main room if they wish - unless using them is going to be essential for the purposes of the session.

A general check-in could include given name, preferred pronouns, why the person is here, and handing over to someone else in the group by saying their name. They help attendees to:

- feel part of the session;
- say how they feel;
- let everyone know how to pronounce their name.

Various other options can be used; choose which suits your presentation and timings. As an example, ask all participants to post in chat. Suggest using something to describe how they are feeling - an animal, a colour, or a few words.

**Check-outs** are also not compulsory but they can be used to glean a brief insight from participants about the session. As an example, ask them to post in chat something that they found

- surprising
- especially interesting
- new to them

If you wish to use a Regenerative Statement to open the session and/or a Vision Reminder to close it - **[find them here](#)**.

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