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CHAT PROTOCOL

The moderator welcomes all

Check-in (up to 10 minutes)

- Participants share how they are doing.

Moderator introduction (up to 15 minutes)

- The moderator presents one, concrete question as the topic of the chat.
- The moderator provides a short personal introduction.
- The moderator provides a link to relevant content to read or view.

Silence (3 minutes)

- Participants let thoughts, images, and feelings come up.
- All refrain from typing.

Reflection and dialogue (up to 20 minutes)

- Each participant shares the thoughts, images, and feelings that came up.
- Participants ask questions between themselves with curiosity and with the intention to support.

Check-out (up to 10 minutes)

- Participants share key insights and intended follow-up actions.

The moderator thanks the participants

- The moderator asks the participants to copy their own check-out entry and save it for a future intervention session.
- The moderator asks the participants to send topic proposals for future chats consisting of:
 - One, clear question.



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- A short personal introduction.
- A link to relevant content to read or view.
- (At the end of a session before an intervision session) The moderator asks the participants to prepare a text:
 - The participants are to gather all check-out entries they've published since the last intervision session.
 - The participants are to summarize the intended follow-up actions they mentioned at these check-outs.
 - The participants are asked to assess to what extent they have actually followed-up: what did they do, what didn't they do.
 - The participants are asked to have the resulting text ready before the intervision chat session.