



## **Women's Initiative Virtual Happy Hour & Networking Event August 13, 2020**

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### **Hon. Helaine L. Berger, (Ret.): Networking remotely**

- People want to feel cared for
- Reaching out to others on a platform such as Zoom is helpful because you are in small groups and could interact with and meet new people
- Write articles
- Attend virtual bar events
- Reaching out individually over the phone works better than using Zoom all the time
- Small group Zoom works best
- Zoom lunch where you send lunch to someone and eat lunch over Zoom

### **Hon. Lisa R. Curcio, (Ret.): Getting back to work and interacting with people**

- Going back into the office is primarily voluntary and the overriding concern about going into the office is whether people feel safe
- It helps when the office and building communicate what health and safety measures are being practiced
- Working from home seems to prevent old-fashioned collaboration
- The long-term effects of having to collaborate remotely are unknown

### **Amy L. Gertler, Esq.: Balancing self-care and work**

- A tool for coping with the stress of working from home is to find something that you can do that “makes your heart sing”
- Reach out to friends and colleagues
- Read a good book

- Become a vampire and “find your coven” make sure you keep in touch with people who lift you up

#### **Hon. Kay M. Hanlon, (Ret.): Parenting and work**

- Some of the good things about using videoconferencing and remote working is that people have been understanding when things do not go as planned and the interjection of real life often breaks the ice
- Working from home allows you to control your working day and personal life better
- While you cannot control what is happening, you can control how you respond
- You might need to set boundaries for yourself or your team – what is okay and what is not okay
- The reality is that people can work from home – even attorneys
- Making sure you speak with your mediator prior to a remote mediation so that you all have the same expectations and also know how to get in touch with each other during the mediation
- Talk to opposing counsel in a separate break out room if possible to recreate the hallway pass by that sometimes can get the matter moving in the right direction

#### **Hon. Brigid M. McGrath, (Ret.): Zoom etiquette**

- Do not have a bright light behind you
- Have some light in front of you
- Have the camera just slightly above eye level
- Use the ‘improve my appearance’ feature on Zoom
- Make sure your name appears as you want it to appear on the remote platform
- Remind people that only one person may speak at a time
- Remember to mute yourself as necessary to avoid sound distractions
- Remember you can turn off your video feed as needed
- Have your background uncluttered and looking professional