



## U5Ch4. Conducting effective online meetings with proper preparation and tools

### PAPER 01 — Communicative Skills

#### Unit 5 · Digital Communication

#### Chapter 4 · Conducting Effective Online Meetings

(Preparation · Tools · Facilitation · Follow-Through)

### 1 Why “Meeting Hygiene” Is Critical in the Virtual Era

Pain-Point When Neglected	Cost to Team	Meeting-Hygiene Cure
Aimless talk, unclear next steps	Wasted salary hours; re-work	Written agenda shared 24 h ahead
Tech glitches & late starts	6-min average attention loss	Pre-call equipment check & waiting-room buffer
Multitasking & disengagement	40 % drop in retention	Interactive elements every 10 min
Missing voices due to time-zone or bandwidth	Poor decisions, morale dip	Async pre-brief + recording + transcript
No post-meeting accountability	Action items forgotten	Automated minutes & task tracker

**Guiding Premise** A virtual meeting must deliver *more* value than an email thread—otherwise, cancel it.

### 2 The 3-Phase Blueprint

Phase	Goal	Key Outputs
<b>Before</b>	Align purpose & logistics	Agenda · Pre-reads · Tech readiness
<b>During</b>	Drive inclusive discussion & decisions	Time discipline · Engagement moments · Live decisions
<b>After</b>	Secure action & knowledge capture	Minutes · Assigned tasks · Feedback loop

Remember the acronym **B-D-A** (Before-During-After) whenever you schedule a call.

### 3 Phase 1 — Before: Preparation & Tooling

#### 3.1 Define *If & Why* (MADE Test)

Question	If “No”...
Must this be synchronous?	Send Loom/video or email
Add value by live dialogue?	Start an async doc
Decision needed today?	Poll + chat vote
Engagement essential (relationship, brainstorming)?	Proceed to plan

#### 3.2 Craft the Agenda (RAPID Format)

Segment	Content Example	Time
Results	“Goal: Approve sprint scope v2.”	1 min



Segment	Content Example	Time
Attendees & Roles	Host, Note-taker, Decision-maker (DRI)	1 min
Points	1) Backlog change 2) Risk mitigation 3) Approval vote	10 min
Inputs	Link to Jira board, cost spreadsheet	Pre-read
Decisions Expected	Yes / No on scope; assign risk owner	1 min close

Send agenda + materials *at least* 24 hours beforehand.

### 3.3 Technology Checklist (“POTS”)

Platform	Zoom, Teams, Meet — confirm version & recording rights
Peripherals	Test mic, webcam framing, dual monitor if sharing
Tools Integration	Whiteboard (Miro), Polls (Slido), Docs (Google)
Security	Waiting room, password, screen-share host-only

Add a 10-min “lobby buffer” for connection issues—especially with external guests.

## 4 Phase 2 — During: Facilitation & Engagement

### 4.1 Kick-off Routine (5 C’s in 90 Seconds)

Step	Script Sample
<b>Connect</b>	“Welcome! Good to see Prerna dialing in from Pune.”
<b>Clarify Goal</b>	“We’re here to finalise the marketing timeline.”
<b>Confirm Agenda</b>	“Three items, 20 min total—okay?”
<b>Code of Conduct</b>	“Cameras on if possible; raise hand icon to speak; chat for links.”
<b>Clock</b>	“I’ll keep us on time—green card = 2 min left.”

### 4.2 Inclusive Facilitation Tactics

Challenge	Fix
Dominators	“Thanks, Rahul—let’s hear from someone who hasn’t spoken yet.”
Silent introverts	Use chat prompt “Type 1 word describing risk level.”
Multi-time-zone fatigue	Rotate meeting hours monthly; record + timestamp notes
Bandwidth lag	Offer dial-in audio fallback; keep video off for screen-share participants with low bandwidth

### 4.3 Engagement Every 10 Minutes (PIES Menu)

Method	Tool	When to Use
Poll	Built-in poll to decide option A/B	Decision points
Icebreaker	Emoji check-in (“☹ ☹ ☹”)	First 2 min of long sessions
Edit Live	Co-edit Google Doc bullet list	Working meetings
Sketch	Digital whiteboard sprint	Brainstorm phases

### 4.4 Real-Time Documentation

- **Shared screen minutes** (Google Doc) visible to all—prevents misquotes.
- Tag tasks inline: @Name – Due 30 Aug for instant assignment.
- Mark decisions with **[DECIDED]** prefix for easy search.



## 5 Phase 3 — After: Capture, Assign, Improve

Action	Tool & Timing
<b>Distribute Minutes</b>	Auto-email doc link + chat transcript within 15 min
<b>Task Sync</b>	Zapier from minutes → Asana/Trello cards
<b>Feedback Pulse</b>	2-question Google Form (“Value 1-5”, “One improvement”) – send same day
<b>Archive</b>	Store recording + notes in named folder “2025-07-21_SprintScope” for audit trail

**Pro-Tip** Block 10 min *immediately* post-meeting for the host to complete these tasks; procrastination kills follow-through.

## 6 Common Pitfalls & Rapid Remedies

Pitfall	Symptom	Quick Fix Next Time
Agenda creep	Discussion veers off track	Parking-lot slide; schedule follow-up
Screen-share chaos	“Can you see my screen?” loop	Use single shared doc; co-edit over multiple shares
Mic echo / feedback	Audio howl	Everyone mute; only speaker unmute; use headset
Camera fatigue	Blank faces after 30 min	Insert 90-sec stretch break; spotlight different speaker
No-shows	Critical person absent	Send calendar invite with time-zone; auto-reminder 1 h prior

## 7 Quick-Reference Toolkit

Need	Tool Recommendation	Free Tier?
One-click agendas & minutes	Fellow, Hugo, OtterPilot	Yes
Collaborative whiteboard	Miro, FigJam	Yes
Polls & Q&A	Slido, Mentimeter	Limited free
Time-zone scheduler	WorldTimeBuddy, Calendly	Yes
Noise cancellation	Krisp, RTX Voice	Yes

## 8 Self-Practice Corner

1. **Agenda Drill** – Create a RAPID agenda for a 15-min product demo; share with peer for clarity review.
2. **Tech Dry-Run** – Host a 5-min mock meeting; test screen-share, poll, recording.
3. **Facilitator Rotations** – In your next team call, assign roles (host, timekeeper, note-taker) randomly; debrief experience.
4. **Parking-Lot Record** – Practise capturing off-topic ideas in a shared doc; schedule micro-follow-up.
5. **Feedback Loop** – Send a 2-question survey after any online meeting this week; iterate next session based on replies.

## Chapter Takeaways

- **Preparation:** Validate necessity (MADE test), craft RAPID agenda, and run POTS tech check.
- **Facilitation:** Launch with 5 C’s, engage every 10 min via PIES, document live decisions.
- **Follow-Through:** Deliver minutes, sync tasks, and gather feedback within the hour.



Adopt this B-D-A system and your online meetings will shift from “necessary nuisance” to **productive power-hubs** that accelerate projects, respect time-zones, and boost team morale.

AYURVEDBHARATI.ORG