

# Zoom Sessions - FP Community Meetings, Hosted Training Sessions and How to Register

This section describes the various Zoom sessions that you will find in the Foundation Programme, how to register for them and what to do if you can't attend.

## **FP Community Meetings**

During your course, there are several opportunities to get together with the FP team and your fellow students. These FP Community Meetings are a great way to share information about how you are getting on, ask questions and find support.

- The Introduction to the Foundation Programme is a warm welcome and a time to get all your initial questions answered. It is attended by members of the Foundation Programme team who explain how to access and use the Course Schedule form. Often, some of the FP trainers come along to outline their sessions.
- The Midpoint Checkins are informal opportunities to chat with your fellow students, discuss how you are progressing with the course and anonymously give the FP team any feedback you wish to share so we can continually assess the effectiveness and accessibility of the Foundation Programme.
- The Next Steps Celebration, apart from celebrating your achievements in working through the course, is where you can meet other students also finishing the programme, talk about what to do next, and maybe hear from teams who are recruiting

## **Hosted Training Sessions**

The Hosted Training sessions include:

- Welcome to Extinction Rebellion + Q&A
- XR's Communication Tools - Hub and Mattermost
- Nonviolent Direct Action
- Introduction to Meetings
- How XR Works and Who Makes the Decisions
- Skills, Boundaries and Interacting with your Team

For full information on the **The Hosted Training sessions**, click [here](#)

## **Registering for FP Community Meetings and Hosted Trainings**

Students are asked to register in advance for all live Zoom sessions:

- Click on the link in your Course Schedule form to go to the registration page for that session.
  - Please note that some registration pages offer more than one date for a session, so make sure you register for the correct one and check it doesn't clash with another of your sessions.
  - Once registered, you will receive a registration confirmation email with the link to click to join the Zoom session. These do get lost amongst other emails, and the headers are not always helpful, so we suggest you forward them to yourself with a really clear heading, eg 4TH JULY JOIN WELCOME TO XR.
  - If you register for any session but then cannot attend, please cancel the registration so trainers have a fair idea of attendee numbers. You can do this using the cancellation link in your registration confirmation email.
  - If you find it difficult to attend any live Zoom sessions, check your Course schedule form to see if there is a recorded version you can watch.
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