

LMR SEEQ Session | Pre-Session Participant Information

Friday, September 11, 2020

Things to remember for your session

- Our session will take place using the video conferencing system Zoom.
- You do not need to be a professional writer or storyteller (most people usually aren't) to participate and find this experience valuable
- You will need high-speed internet and a laptop or other device to access Zoom, and to write your story; if you prefer to write with pen and pencil, that works, too!
- We'll be writing and sharing stories related to how we show up in our organizations and in the community, as leaders; if you want to start thinking about your story, you can view the prompt [here](#)