



PMD Alliance

Parkinson & Movement Disorder Alliance



Welcome to our IN SYNC!® Roundtable!



Collaboration Agreements



**Mute Your Mic
When Necessary**



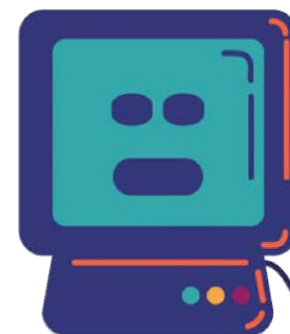
Listen Deeply



"Yes! And..."



**Move with
Intention**



**Be Patient
with Technology**



Today's Chatstorm:

What is your
favorite summer
food?



August Roundtable for Support Group Leaders



Something Tangible



Breakout Rooms

- *Small group discussion*
- *Share main insights*





When you need more:

A new diagnosis is overwhelming!

Sometimes, you can't take in all the information at once.

It is nice to have a sheet to help



Lists, lists, and lists:

Support group lists

Exercise class lists

Meet ups (i.e. Get Outs)

Walking Clubs



Tangible way to share experience:

Take 15 post-its and write your favorite things/what means the most to you.

Place them in front of you.

Have facilitator take them away.



Tangible way to share experience:

Hold a vibrating pen

Walk with bands around your ankles so you can't take big steps



Let's Breakout!!

"What can you or have you done to share resources?"



- ✓ 6-7 people in each room
- ✓ 45? minutes to chat - designate a notetaker!
- ✓ Sharebacks in the main room



Farewell Chat...

“What new insight did you gain from today's Roundtable?”

