P: for nearly any participant but particularly colleagues; have used this with supervisor, colleagues, staff meetings, planning.

O: the major objective was to find a way to save money, time and safety (weather) traveling statewide to attend meetings

S: This takes practice; computers and smartphones differ in abilities to project visual and audio; cameras, microphones may   be needed; as limited as my experience was, there were others who had just as much difficulty.  Lots of fear to overcome so had to make it fun, jokey.  We older adults grew up with a perfectionist attitude and are not always willing to explore.  Had to give a lot of assurance and permission to try.  No one gave up.  Really helpful that I first practiced with children and Leanne Ovalles.  Eventually all staff at PDC tried it once or more individually, and colleagues from various agencies in RI also.

T: I'm sure students do this or can be taught.  My focus was more on peers and colleagues in the field. An emergency arose two weeks ago where I had no car and had to meet with 5 teachers in a program.  We "gh"ed as one person to a group and got through an agenda.  Wasn't easy--lots of technical difficulties at the other end but we did it.  This winter two people had to call in twice, used gh to communicate.  I will push to use this more often.

Grateful to have had the experience.

Barbara Bowen