

A Delegate's Checklist

☐ **YOUR TABLE OR DESK**

Find a quiet space from which to join the Conference. You may want to relocate your typical workspace for the Conference weekend. Consider a view. Bring a pen and notepad.

☐ **A COMFORTABLE CHAIR**

Change it up, add a pillow, now's the time to figure it out. Be prepared. Oh, and if it's a little chilly where you are, have a throw or blanket on hand.

☐ **PENCILS, PENS AND PAPER**

Treat yourself to a new notepad, lined or unlined, and a better-than-most pen...or even colored pens. Perhaps some new pencils... don't forget the sharpener. Hmm, how about having crayons on hand?

☐ **DRINKS AND SNACKS**

Think about what you might like to have on hand and add them to your shopping list. Perhaps put them in some nice containers. Consider vegetables, prepare ahead of time.

☐ **MOVEMENT AND EXERCISE**

The days will be long. Build in some healthy movement. Consider setting a timer, at a random interval - like 27 or 43 minutes (whatever works for you). When the bell goes off, turn off your video and get up out of your chair. Gently twist, bend, stretch, jump - whatever makes you feel rejuvenated and empowered. Take a deep breath and return to the proceedings.

☐ **BREAKFAST, LUNCH AND DINNER**

Yes, you will want to eat... no, you will not want to cook. Prepare some extra food in the days before the conference. Serve it up in minutes and enjoy.

☐ **OUTFITS**

Dressing up can be fun and empowering. Consider asking your inner teen what they would like to wear. And, you can change it up midday... see if anyone notices. Accessorize.

☐ **EMOTIONAL COMFORT**

Stuffed animals and coloring books are de rigueur. Ah but, how about a bouquet of fragrant flowers? Maybe a scented candle? For most attendees there will be a lot of listening... Some people like to keep their hands busy. Hmm... is it time to take up knitting?

☐ **CIRCLES OF SUPPORT**

Have you considered attending the Conference with friends? Perhaps sitting together and supporting each other throughout the proceedings? With the help of a platform like Skype, Slack or WhatsApp you can turn the Conference into a more connective, instructive and enjoyable experience. Share a laugh, have some fun. Plan the hows and whos **NOW**.

☐ **FIND A FELLOW ATTENDEE**

Ask at your meetings. Ask at the Intergroup. Ask around on Slack. Just so you know - chatting between delegates won't be possible **on Zoom** during the conference. So, make a friend, find a friend, be a Buddy, **NOW**, before we gather for the ABC. Plan on how to communicate.

☐ **READ AHEAD**

Delegates will be asked to approve minutes and ratify Board members. They'll participate by asking questions and forming opinions regarding proposals, motions and presentations. The relevant documents can be read **before** we gather for the ABC. The volume of material may be overwhelming. Consider a plan to lightly look over the material and then to reread portions of particular interest.

Set an intention to learn, to laugh, to love.
See you at the Conference.