



PREPARING FOR YOUR ON DEMAND RSC

APPOINTMENT WITH ALYSSA NAJERA TEAM

SUPPORT EMAIL

PRIORITYSUPPORT@ALYSSANAJERA.COM

What to Expect

At your first session, your consultant will help you become oriented with what to expect and be available to answer any questions you may have. Expect your consultant to inquire about your current role and what prompted you to schedule.

The goal of your consultant is to provide you with a space that embraces reflective practice and learning opportunities, encourages critical thinking, and identifies solutions. Your consultant may also provide tools, education, or additional resources to support you in navigating the emotional and work demands of your professional role.



Secure a Private Space

Your RSC session is confidential. Secure a space that is quiet, provides minimal distractions, and ensures your session is private.

Consider the following:

- Reserve a small conference room
- Use a sound machine
- Use headphones, if needed
- If working remotely, use a quiet room in your home
- If on the road, find a safe place to park and complete RSC in your car
- Find a quiet, private space outdoors

Technology Tips

Your session will be held via **Zoom**. You can access your Zoom meeting from any smart device, home computer, or laptop.

Here are some technology tips to help you be present during RSC.

- Ensure device is charged
- Confirm a strong internet signal
- Turn camera on
- Close all other apps on your device
- Turn off/silence all other devices when possible (i.e. phone, tv, tablet)
- Ensure the Zoom app is available on your device and the audio and video features are working properly.



ALYSSA NAJERA
TRAINING & CONSULTING

ALYSSA NAJERA & ASSOCIATES
A Licensed Clinical Social Worker Corporation



©2021 Alyssa Najera & Associates, A Licensed Clinical Social Worker Corporation. All rights reserved.