

How to get the most out of **virtual congresses**

1. Make time for the event

- Use the congress agenda to plan out your day
 - Key events
 - Those you'd like to attend
- Add key sessions to your calendar
- Set aside time for networking



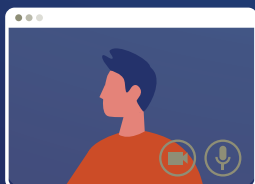
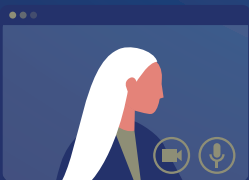
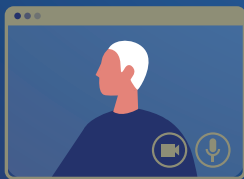
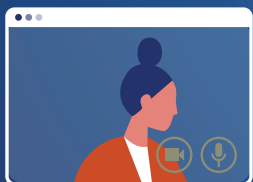
2. Sign up/prepare for updates

- Sign up for our newsletter: progress.im/en/signup
- Catch up on pre-event reading
 - Relevant articles are available on the Progress in Mind Resource Center event landing page
- Follow [#progressinmind](https://twitter.com/progressinmind) 
- Follow us for updates  



3. Head off any technical issues

- Check out any technical requirements
- Download any required apps/programmes
- Take note of any pre-conference information or support



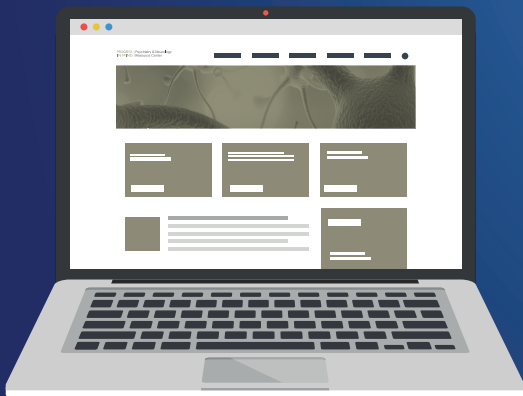
4. Interact with others during the event

- Use the chat feature where available
- Participate in the Q&A
- Make the most of any networking/interactive features
- Join the conversation online
 - Use the event hashtag
 - Follow [#progressinmind](#)



5. Avoid distractions/multitasking

- Give the event your focused attention
- Set yourself up in a quiet room



6. Make use of post-event resources

- Are OnDemand recordings available?
- Read highlights on the Progress in Mind Resource Center: progress.im