

WHAT MAKES A GOOD MEETING?



Communication before to prepare me before the meeting

Explain why the meeting is happening, ask how I feel and what I want

Arrive on time so I know you haven't forgotten about our meeting

Make sure I have equal time in my meeting

Agree actions with everyone. Set time frames and plan to review so I know things will be changing and not just left. These timeframes for change will really help me with anxiety



Please pick me up before the meeting so I am not struggling to get there. This is also a good way of getting to know my feelings before and after a meeting



Have you asked me where I want to sit? Please don't assume



Have you asked me whether I am happy with the location of the meeting? Please check the time is okay with me as I don't want to miss important lessons

Have you told me about MOMO? I can't always say everything I want to in a meeting but MOMO helps me to do so and it will help me structure my thoughts

