

# COMPOSITION BOOK

**Participant Learning Journal**  
7.5 x 9.75 in / 19.05 x 24.765 cm



## What is a learning journal?

TK is all about dreaming up big ideas and finding out-of-the-box solutions. What better way to foster innovation than through your own collection of doodles, notes, observations, and thoughts plus a nifty place to hold take-aways?! Then you won't hit the dreaded, "What DID I do with those notes?" at the office. In all seriousness, this learning journal is personal to you and will reflect your personality, preferences, and experiences. The coolest part is that no one will look the same by the end of the event, but each will hold the same level of inspiration. Share photos of your completed learning journal on social media!

Flip through the journal to find the tools to help you reflect on your learning journey. Think of the prompts as the who, what, when, where, and why of your TK experience!

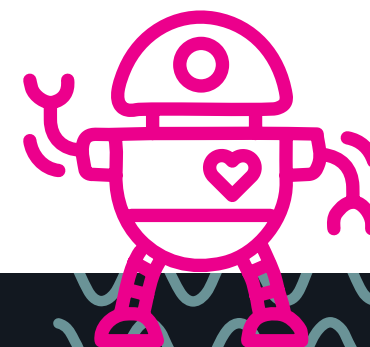
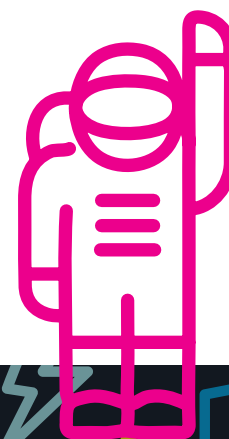
## Take the TK Pledge!

We've been waiting for you.  
First, there's one thing that we ask you to do.  
Here, you'll find there's so much more,  
So, please leave preconceived notions at the door.

Wherever you look, options abound.  
In this space of co-creation, solutions are found.  
Grant yourself permission, take back "I can't."  
Spark curiosity and let new ideas plant.

At TK we challenge the status quo,  
Make room for each other and support as we grow.  
Our facilitators guide us to see things anew,  
And collaboration with peers fuels fresh, new views.

ATD TechKnowledge is here with the tools.  
**New view of the world. New set of rules.**



## We're so glad you're here!

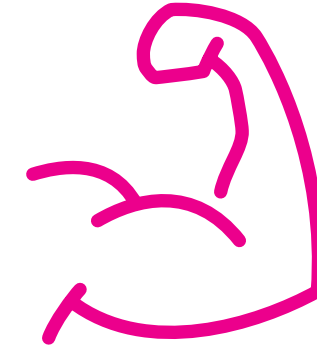
We can't wait for you to experience the energy of ATD's TechKnowledge (TK). We've worked hard to provide an immersive virtual experience like no other.

### At TK, you're more than just an attendee—you're a participant.

We promise to provide a quality social learning experience in an environment that encourages collaboration and co-creation. We invite you to ask big-picture questions that lead to new ideas and innovative solutions. All we need from you is the promise to take learning into your own hands. We expect you to participate to maximize the outcome.



## Commit Yourself



Before we get started, take time to commit to your journey. You can scream it at the top of your lungs or read it silently; all we ask is that you read it. (Oh, and there may or may not be a quiz ...Just kidding!)

### While at TK, I will:

- ★ Take control of my learning and find opportunities that best suit my journey.
- ♥ Encourage collaboration and co-creation to produce new, innovative ideas with my peers.
- 🗨️ Keep an open mind to all solutions and possibilities. The most unexpected suggestions may end up working best.
- 👤 Seek connections with other attendees, speakers, and sponsors.

# Things to Know



## Learning Journal

Your learning journal is an essential piece to your learning journey. Just think of it as your helpful little sidekick for the week.

## Put the Meet in Meetings

Booking one-on-one or group appointments is a snap within the attendee directory, so you can pull together like-minded individuals to co-create solutions for your top challenges. Click on an attendee's profile photo to open their profile. Click **Schedule Meeting** and follow the instructions to send the appointment.

## Start a Conversation

Say hello to more than 1,000 new WFFs. Join the conversations happening in public discussion forums or by private messages—ask questions, share ideas, and suggest solutions to peers!

## Update Your Profile

Add your photo and allow attendees to connect you in your profile settings. Once you do, you'll appear in the participant list and be ready to rock and roll!

## Social Media

Whether you're a social media guru constantly posting or someone who doesn't know what a tweet is, we want to hear from you. Connect with us and share your experiences using the hashtag **#ATDTK** on all channels.



## Need Help?

If you need assistance or have any questions during the event, please click on the Question Mark icon to the top right of your screen for assistance.

For nontechnical issues and other questions, including login assistance, please email [virtualconference@td.org](mailto:virtualconference@td.org). We will do our best to respond as quickly as possible.

# Meet the ATD TechKnowledge PAC!

We asked members of the TK PAC to share with us where they go for "Tech"spiration.



## Cait Quinn

Title: Manager of Instructional Design  
Organization: SiriusXM + Pandora

## What kind of "tech geek" are you?

I spent many years as an Apple trainer, so I always geek out on new updates to macOS and iOS.

## Favorite "tech" activity?

At-home music recording and editing my travel photos.

## What do you think is going to be the most important trend in learning technology five years from now?

AI and bots. Yes, some are in use now, but I think they'll be a lot more present for performance support in the future. And most importantly, they'll work well (I hope!)

## Where do you find inspiration?

My teammates! We host "Jam Sessions" to bounce ideas off each other or discuss ways to design something differently. It's awesome to geek out with other designers who might see things differently. Or who can confirm my zany ideas are good ones.

## Favorite Podcast?

Conan O'Brien Needs a Friend and 32 Thoughts the Podcast

## Is there an at-home technology you can't live without?

(Alexa, hue, etc.): Probably my Sonos speakers. Love being able to stream all my audio through the whole house! Siri on my Apple Watch is also my daily cooking/baking assistant.



## Simon Blair

Title: Evil Genius and All-Around Great Guy  
Organization: SimonBlairTraining.com

## What kind of "tech geek" are you?

I love seeing what the early adopters are doing and figuring out how to apply it to make things work better.

## Where do you find inspiration?

Anywhere I can, but mostly social media (Twitter, LinkedIn) and adjacent industries (marketing, psychology)

## What do you think is going to be the most important trend in learning technology five years from now?

Friction. When people have a question to answer or a problem to solve, they don't want to log into an LMS, find a course, and click through 29 slides to get an answer. As long as that's our default solution, people will continue to ask a neighbor or Google an answer instead of turning to L&D solutions.

## Favorite Podcast?

Welcome to Nightvale

**Thank You to  
Our Sponsors!**

**A big shout  
out to support  
these folks as  
they are the key  
to TK's success.**

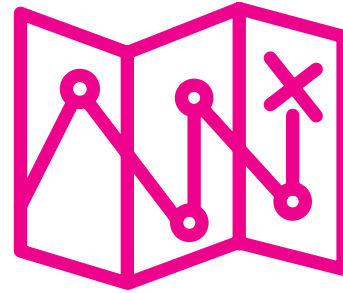
## Headline Sponsors



## Enterprise Sponsors



# Pre-Event: Embark On The Journey



ATD TechKnowledge is online at [tk2022.junolive.co/live](https://tk2022.junolive.co/live). We highly recommend you bookmark this URL for easy access. Google Chrome is recommended for the best experience on Juno. Make sure you are running the latest version and that you allow pop-ups.

Need help during the event? Email [VirtualConference@td.org](mailto:VirtualConference@td.org) or find us in the Slack discussion board under [#conference-support](#).

## Let's get Technical!

1. Make sure your browser is up to date with the latest version. For the best experience, we recommend using Google Chrome. Firefox, Safari, Microsoft Edge, and Opera are also supported. Internet Explorer is not supported.
2. Make sure your operating system is up to date. We support Windows 7 or later and Mac OS 10.12 or later.

3. Make sure your camera and microphone have permission to be used. Check your browser and device settings.
4. Disable browser extensions or plugins that are large or privacy-related.
5. Disconnect from any VPN.
6. Pop on your TK blue blocker glasses from the TK Swag Box to prevent Zoom Fatigue.
7. Please limit to one browser tab open with the virtual platform when participating in sessions or private meetings.

## Set the Stage

1. Block time on your calendar to fully participate.
2. Update your availability within the virtual platform in your profile. This will allow other attendees to see when you are free for meeting invitations.

## Ready to Login?

1. Enter [tk2022.junolive.co/live](https://tk2022.junolive.co/live) in Chrome Browser
2. Click Login and then enter your [td.org](https://td.org) credentials
3. Click 'CONTINUE' to login.

## Setting Up Your Profile

1. Your profile includes name, title company, picture, bio, LinkedIn profile, Twitter handles, and preferred tags will be visible on an attendee profile. The attributes are also searchable.
2. Set your availability so TK participants can request a meeting with you during the live event.
3. We recommend setting your privacy settings to "allow Members to Contact Me" and "Share My Contact Information" and choosing "With Sponsors, I have interacted with" to make the most of your virtual conference experience.

## Build Your Agenda

Although the TK program is based on the Eastern time zone, Juno's agenda will automatically reflect your time zone. Advertising and materials related to the

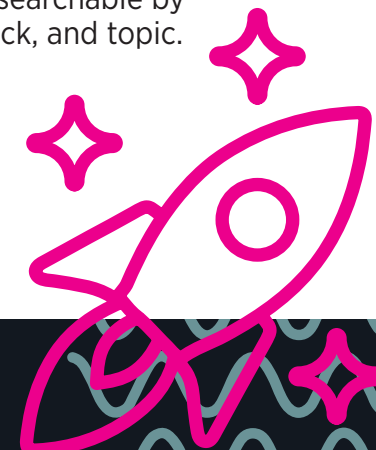
event will indicate the Eastern time zone when referencing start times for the program.

1. Visit the Program tab to access the conference schedule. Select the **Interested** button to note which session you plan to attend during the event.
2. You can also select **Add to Calendar** option to add your sessions to your personal or work calendar. The calendar appointment will include a direct link to the session detail page.
3. Anything you add will show up on your **My Agenda** page.

## Accessing Conference Recordings

Live session recordings will be available by February 14. Access to recordings will be available until April 11, 2022.

You can access TK LOD content immediately. Visit the TK LOD tab to access session that are available on-demand. Sessions are searchable by presenter, track, and topic.



# Schedule

Schedules are typically the hardest part, aren't they? They are always changing and take up a lot of paper. Instead of throwing all the nitty-gritty details at you, we're providing an at-a-glance option in this journal. Use this schedule to block your work calendar accordingly so you can maximize your experience.

All times in Eastern Time Zone. The conference platform will show times adjusted to your time zone.



**DAY 1**

## MONDAY, FEB 7

TASTE OF TECH

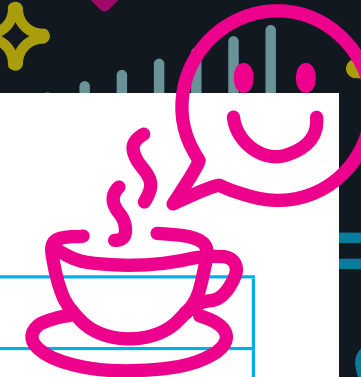


10-10:30 a.m.	Personalizing Onboarding and Training to Drive Adoption in 2022
10:45-11:15 a.m.	How to Achieve +90% Learner Engagement With Collaborative Learning
11:30 a.m.-12 p.m.	eLearning Brothers Demo
12:15-12:45 p.m.	Building a Tech-Enabled, Future-Ready Workforce
1-1:30 p.m.	Create Engaging Videos with Vyond
1:45-2:15 p.m.	Demo
2:30-3 p.m.	Next-Generation Solutions for Virtual Onboarding: VIBE 2022
3:15-3:45 p.m.	Schoox Demo
4-5 p.m.	Opening Experience: Dueling Pianos with Flying Ivories



**DAY 2**

## TUESDAY, FEB 8



10-11 a.m.	Keynote
11:15 a.m.-12:15 p.m.	Concurrent Sessions
12:30-1:15 p.m.	Solution Session
2-3 p.m.	Concurrent Sessions
3:15-4:15 p.m.	Concurrent Sessions
4:30-5 p.m.	After Chat

## WEDNESDAY, FEB 9

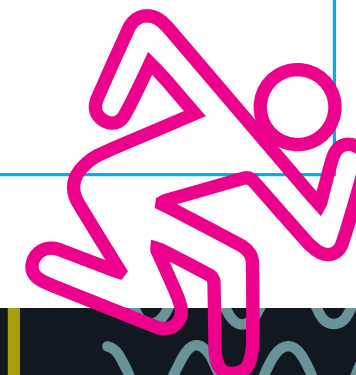
**DAY 3**

10-11 a.m.	Super Sessions
11:15 a.m.-12:15 p.m.	Concurrent Sessions
12:30-1:15 p.m.	Solution Session
2-3 p.m.	Concurrent Sessions
3:15-4:15 p.m.	Concurrent Sessions
4:30-5 p.m.	After Chat

**DAY 4**

## THURSDAY, FEB 10

10-11 a.m.	Super Sessions
11:15 a.m.-12:15 p.m.	Concurrent Sessions
12:30-1:15 p.m.	Lunch & Learn
2-3p.m.	Concurrent Sessions
3:15-4:15 p.m.	Closing Experience



# Taste of Tech



We hope you'll consider Taste of Tech as the appetizer before the main meal. These bite-sized 30-minute demo sessions will help you familiarize yourself with our sponsors.

Use the following notes pages to put together your recipe for success! Each sponsor has a dedicated page where you can add your notes, follow-up questions, and add a reminder to connect with them online during the live event.

## MONDAY, FEB 7

10-10:30 a.m.	Personalizing Onboarding and Training to Drive Adoption in 2022
10:45-11:15 a.m.	How to Achieve +90% Learner Engagement With Collaborative Learning
11:30 a.m.-12 p.m.	eLearning Brothers Demo
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2:30-3 p.m.	Next-Generation Solutions for Virtual Onboarding: VIBE 2022
3:15-3:45 p.m.	Schoox Demo
4-5 p.m.	Opening Experience: Dueling Pianos with Flying Ivories



**Don't worry, we've made it easy as pie to participate in Taste of Tech.** Not only will you learn from the best, but you can also have your cake and eat it too. Attendees who participate in Taste of Tech will be entered into a drawing to win a prize! Entries are earned through participation in the sessions and opening experience. ATD TK participants will also earn points towards the overall leaderboard!

**Double your chance to win one of these prizes.**



Ooni Koda 16  
Gas Powered Oven  
(\$599 Value)

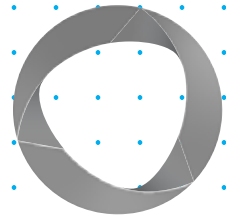


Bartesian  
(\$349 Value)



CitiZ (Nespresso  
Machine & 40 Capsule  
Pack) (\$200 Value)

[tk2022.junolive.co/sponsors](https://tk2022.junolive.co/sponsors)



# 360Learning

360Learning is the world's first Collaborative Learning Platform that helps teams create, ship, and improve courses together.

**NOTES:**



eLearning Brothers helps organizations of all sizes create and deliver employee learning that rocks.

**NOTES:**



# GENERAL ASSEMBLY

General Assembly is a global reskilling company with unmatched scale. Their programs enable teams to grow, compete, and thrive in the digital economy.

## NOTES:

# KGL

## KnowledgeWorks Global Learning

KnowledgeWorks Global Learning (KGL) is a full-service provider of learning solutions and immersive experiences, helping organizations enhance productivity.

## NOTES:

# ***schooX***

Schoox is a uniquely agile modern learning and talent development platform. Helping businesses of all sizes shift from traditional, compliance-based training to an approach that unlocks and accelerates employee potential as well as business growth.

**NOTES:**

# **VYOND**

Vyond puts the power of video in the hands of everyone, allowing people of all skill levels and in all industries to create dynamic and powerful media.

**NOTES:**



Whatfix is a digital adoption solution that disrupts application training, learning, and support content by providing contextual, interactive, real-time, and autonomous user guidance, driving additional adoption and productivity gains.








**NOTES:**











**ADDITIONAL NOTES:**

# Schedule of Sessions









When attending a virtual conference, it's best to prioritize your experience. What are the must-attend live sessions? What sessions can you watch later?










## Tuesday, Feb 8

TRACK	PRESENTATION	TYPE	ATTEND LIVE	WATCH RECORDING	N/A
<b>10-11 A.M.</b>					
	Collaborate Faster and Further Together	Keynote			
<b>11:15 A.M.-12:15 P.M.</b>					
	Agile Content Creation	Classroom			
	Escape the Multiple-Choice Trap: 5 Strategies to Better E-Learning	Classroom			
	Interact and Engage! Breakout Activities for Virtual Training	Hands-On Learning			
	Podcasting as a Learning Solution	Classroom			
	The Impact of AI on DEI Awareness Training	Classroom			
<b>12:30-1:45 P.M.</b>					
	Taking Action in 2022: Shifting From Passive Learning to Learning in the Flow of Work	Solution Session			

TRACK	PRESENTATION	TYPE	ATTEND LIVE	WATCH RECORDING	N/A
<b>2-3 P.M.</b>					
	Harness the Power of a Connected Ecosystem With Web APIs	Classroom			
	Learn How to Enhance Your Materials With No-Code Augmented Reality	Hands-On Learning			
	Lessons for L&D From YouTube Creators About Creating Better Video	Classroom			
	Reimagining the Onboarding Experience: Using Technology for a Hybrid Workforce	Classroom			
	Rethinking Safety Culture With Virtual Reality: Utility Locator Training	Classroom			
<b>3:15-4:15 P.M.</b>					
	Developing Leaders in the Workflow	Classroom			
	Getting the 411 on Section 508: Accessibility in E-Learning	Classroom			
	How to Blockchain for Instructional Designers	Hands-On Learning			
	Learning Technology for Small and Medium Businesses	Classroom			
	Microlearning to the Rescue: Your Guide to a Rapid Framework	Classroom			
<b>4:30-5 P.M.</b>					
	After Chat	Networking			

# Wednesday, Feb 9

TRACK	PRESENTATION	TYPE	ATTEND LIVE	WATCH RECORDING	N/A
<b>10-11 A.M.</b>					
	Insights From the ATD BEST Award: Certification Program for Brain-Based Training	Super Session			
	Our New Digital Face: Rethinking Learning Tech in Today's Workplace	Super Session			
	Why Most E-Learning Fails: Design E-Learning That Gets Results	Super Session			
<b>11:15 A.M.-12:15 P.M.</b>					
	An Advertiser's Secret to Compelling Learning Videos	Classroom			
	An Introduction to Usability for Immersive Technology	Classroom			
	Create Custom E-Learning Interactions Using Adobe Captivate	Hands-On Learning			
	Engaging Virtual Audiences in Diversity, Equity and Inclusion	Classroom			
	From Lame to GAME! Transforming Legacy Content for Today's Learners	Classroom			
<b>12:30-1:45 P.M.</b>					
	How to Make L&D Your Company's Growth Engine	Solution Session			

TRACK	PRESENTATION	TYPE	ATTEND LIVE	WATCH RECORDING	N/A
<b>2-3 P.M.</b>					
	Setting Up an E-Learning QA/QC Process	Classroom			
	From Surviving to Thriving: How the Pandemic Permanently Changed Google's Onboarding	Classroom			
	Is a Chatbot in Your Future? Let's Build One Today!	Hands-On Learning			
	Is Your Microlearning Learner Centered?	Classroom			
	Key Components of the "New Learning Ecosystem"	Classroom			
<b>3:15-4:15 P.M.</b>					
	Audio Best Practices for Learning Professionals	Hands-On Learning			
	Beyond the Buzz: Gamification for Adult Learners	Classroom			
	People Data for People	Classroom			
	Preparing Your Company for an Immersive Learning Program	Classroom			
	VILT Amplified: Emulating a Production Studio With a Minimalist Budget	Hands-On Learning			
<b>4:30-5 P.M.</b>					
	After Chat	Networking			

# Thursday, Feb 10

TRACK	PRESENTATION	TYPE	ATTEND LIVE	WATCH RECORDING	N/A
<b>10-11 A.M.</b>					
	Card Games (Digital and Analog) to Teach Effective Conversational Techniques	Super Session			
	Designing Accessible Learning Experiences	Super Session			
	Facilitator Skills for the Modern Virtual Classroom	Super Session			
<b>11:15 A.M.-12:15 P.M.</b>					
	Create, Track, and Manage Your Training Projects Using M365	Hands-On Learning			
	Learner-Focused Design: xAPI Enabled Adaptivity and Complex Skills Development	Classroom			
	Learning Videos for Limited Budgets and Tight Timelines	Classroom			
	What They Don't Teach You in Kindergarten	Classroom			
	An Introduction to xAPI for Learning Data, Analytics, and Action	Classroom			
<b>12:30-1:45 P.M.</b>					
	Lunch and Learn	Solution Session			

TRACK	PRESENTATION	TYPE	ATTEND LIVE	WATCH RECORDING	N/A
<b>2-3 P.M.</b>					
	Mindset Matters: How to Improve Your Virtual Facilitation Style	Classroom			
	5 Tips to Take Your Camtasia Videos to the Next Level	Hands-On Learning			
	Meeting in the Middle: A Blended Approach to Learning Tech	Classroom			
	Nurture a Learning Culture Using a Learner Experience Playbook	Classroom			
	Scavenger Hunt Revealed	Classroom			
<b>3:15-4:15 P.M.</b>					
	Closing Experience	Networking			



# Begin With the End in Mind

What are my expectations for this experience?

What project(s) do I need help with?

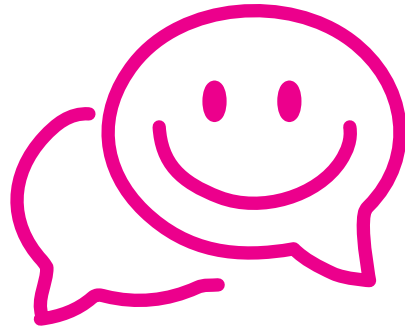
What can I do at TechKnowledge to support each of these goals?

What am I here to learn?

**Way to go! You just set some goals and are on the right track to achieve them.**



# Event: Embrace the Experience



## Attending Sessions During TK

The live program is scheduled for February 7-10 and is open to all registered participants. Participants will be able to join all scheduled or live sessions (Keynote, Super, Classroom, and Solution sessions) through the session detail page. You can access the Session Detail page from the Agenda or My Agenda pages by clicking on the session you are interested in. Or, under Sessions by Track, you can click on the session image to be taken to the session detail page. The session detail page will feature a countdown to the live session start.

Once the session is live, you will be able to watch/hear the presentation and participate in chat on that page directly. There is no need to download additional software.

However, Hands-on Learning and After Chats will have a capacity enabled. Advance signup is not required; however, the system will

automatically allow the first 50 attendees to join the session.

We have enabled a capacity on these sessions to increase participation and discussion.

Hands-On Learning sessions will be recorded. Sessions that are utilizing breakout rooms will only have the recording of the main room only.

## Submitting Questions to Speakers:

Participants can submit their questions for the speaker(s) through the "Q&A" feature within each live session page.

1. Be sure to review the questions being submitted and "upvote" those that you value as most important. This will help us determine which questions to pose to the speaker(s). We'll do our best to get through as many questions as possible in the allotted time.

2. Sessions may also feature the option to "Raise Hand" which will allow you to come on screen to ask your question to the speaker directly. Simply select the **Raise Hand** icon. Once the speaker approves your request, select the **OK** popup to speak. Turn on your camera and microphone to appear onscreen for all attendees to see.

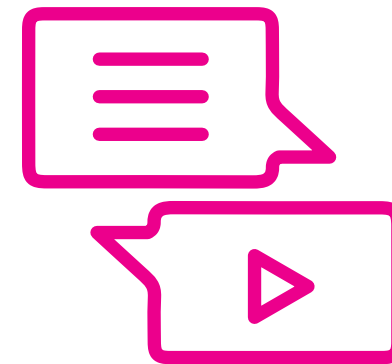
Once you're done speaking, click the three vertical dots (More) icon and select **Leave** to go off camera. To cancel a request, click on hand icon and then "Cancel Request." Note: Clicking the raise hand icon more than once will cancel your request to come on screen.

3. Hands-On Learning and After chats will allow all attendees to be seen and heard in a gallery view. Simply unmute to ask a question or you can enter your question in the chat.

## Accessing Conference Recordings:

Live session recordings will be available by February 14. Access to recordings will be available until April 11, 2022.

You can access TK LOD content immediately. Visit the TK LOD tab to access session that are available on-demand. Sessions are searchable by presenter, track, and topic.



# My Daily Reflections: Monday, Feb 7

**My Favorite Session  
Today Was:**

**It's time to think  
about your day!**

**I Feel:**

**My Goals for  
Tomorrow Are:**

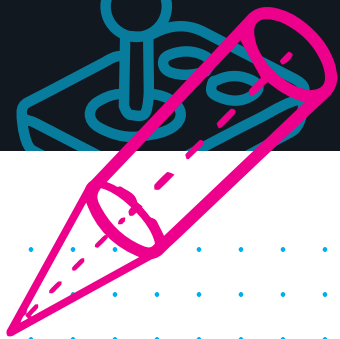
**Today I Learned:**

**Companies I Want  
To Follow-up With:**

**We learn things  
every day! What  
did you learn?**

**Setting goals  
is important so  
we can keep  
learning.**

**Notes:**



# My Daily Reflections: Tuesday, Feb 8

**My Favorite Session  
Today Was:**

**It's time to think  
about your day!**

**I Feel:**

**Today I Learned:**

**My Goals for  
Tomorrow Are:**

**Companies I Want  
to Follow Up With:**

**We learn things  
every day! What  
did you learn?**

**Setting goals  
is important so  
we can keep  
learning.**

# Notes:

A large white rectangular area with a light blue dot grid pattern, intended for taking notes.



# My Daily Reflections: Wednesday, Feb 9

**My Favorite Session  
Today Was:**

It's time to think  
about your day!

**I Feel:**

**Today I Learned:**

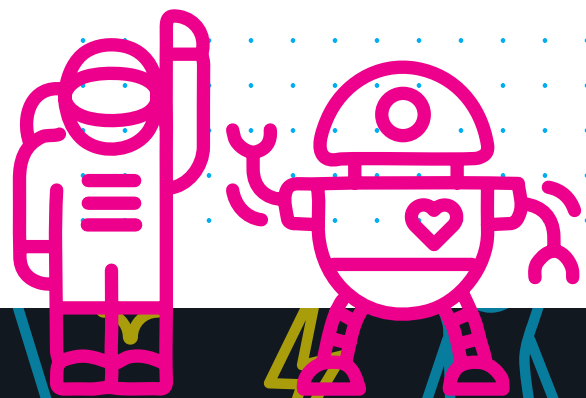
**My Goals for  
Tomorrow Are:**

**Companies I Want  
to Follow Up With:**

We learn things  
every day! What  
did you learn?

Setting goals  
is important so  
we can keep  
learning.

# Notes:



# My Daily Reflections: Thursday, Feb 10

**My Favorite Session  
Today Was:**

**It's time to think  
about your day!**

**I Feel:**

**Did I Complete the  
Goals I Set for TK?**

**Today I Learned:**

**Companies I Want  
to Follow Up With:**

**We learn things  
every day! What  
did you learn?**

**Setting and  
meeting goals  
is important so  
we can keep  
learning.**

**Notes:**



# Ideas That Stick

Literally. You'll find great ideas throughout TK. Pop 'em right here for safekeeping.

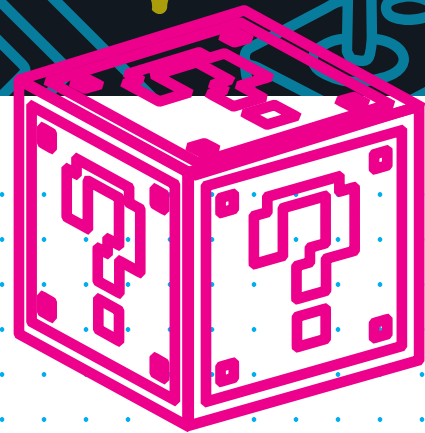






# Stuck?

Take five minutes to unpack what's on your mind. Afterward, you'll be able to focus on what's next.

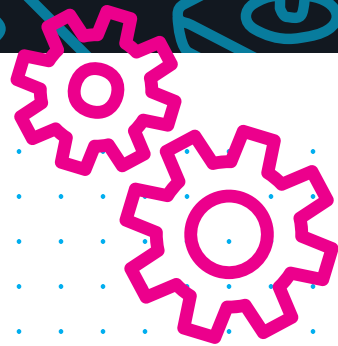


atdk

**“IF YOU COULD MULTIPLY  
WHAT YOU KNOW IN YOUR  
HEAD AND YOUR HEART, YOUR  
IQ AND EQ, BY THE POWER  
OF EVERYONE YOU’VE EVER  
E-MAILED OR COULD  
CONTACT BY SOCIAL MEDIA  
AND OTHER TECHNOLOGY,  
WHAT WOULD YOU DO?”**

**- ERICA DHAWAN**

**Notes:**



**How can this be used at work?**

# Post Event: Keep Evolving

## **Continue Learning:**

Access all session recordings until April 11, 2022.

## **Save Your Files:**

Download conference resources.

## **Use Your Network:**

Keep in touch with your WFFs. Be each other's accountability buddies for implementing lessons learned.

## **Empower Others:**

Share TK learnings with your team.

## **Share Your Top Takeaways:**

Share a snapshot of your completed learning journal using #ATDTK.

## **Debrief On What You've Learned:**

Trying to capture the nuggets of wisdom from back-to-back speakers during TK is a little like trying to catch cash in a money grab machine at a carnival. Too many dollars are flying around, and even when you've caught one, sometimes it just slips through your fingers.

Take this time to think about what you learned during the conference, and how best to apply what you've learned to your work.

What are you going to Stop, Start or Continue? Use the following pages to do just that!

# Stop, Start, Continue:

Write your goal or milestone here.

## Stop:

# Stop, Start, Continue:

Write your goal or milestone here.

## Start:

# Stop, Start, Continue:

Write your goal or milestone here.

## Continue:

# Need a Brain Break?



Whew, that was a lot of information. Visit this page when you feel the need for a brain break.

## Pop-It!

**1. Check your TK swag box for the pop-it.** Pop-its are a great toy to play with while watching sessions or during breaks. They can be calming and soothing when participating remotely. These aren't just for kids!

## Take a Stretch Break

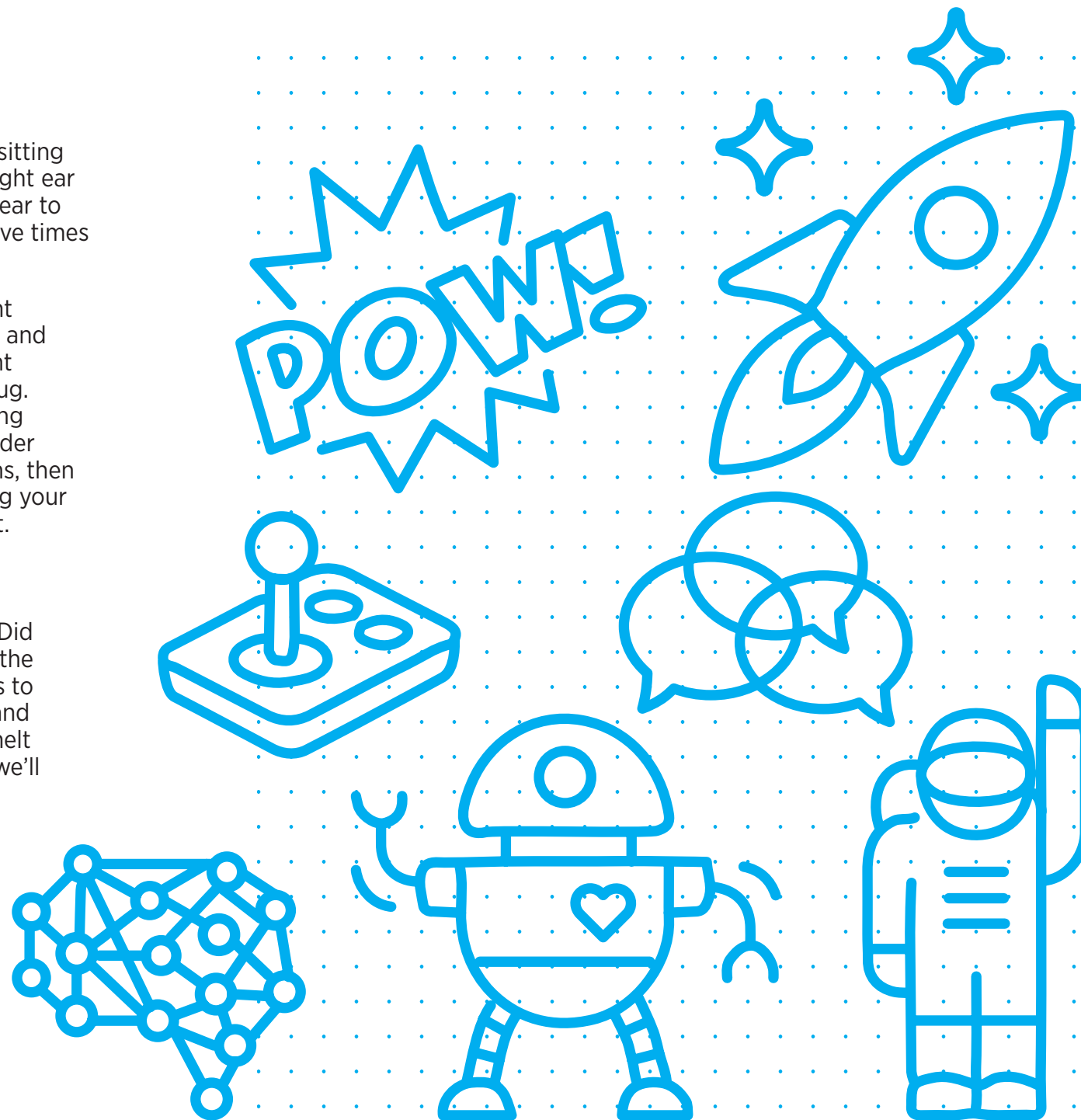
**2. Roll Your Shoulders.** Sit up straight and place both hands on your lap. Slowly roll your shoulders forward in a circular motion. After five rotations, reverse and roll backward for five rotations.

**3. Neck Stretch.** Begin by sitting up straight, slowly lower right ear to right shoulder then left ear to the left shoulder. Repeat five times on each side.

**4. Big Hug.** Place your right hand on your left shoulder and your left hand on your right shoulder, give yourself a hug. Breathe in and out, releasing the tension between shoulder blades. Take 5 deep breaths, then switch your hands, bringing your left arm on top of the right.

## Zone Out

**5. Color the ATD TK Flair.** Did you know coloring relaxes the brain? Take a few moments to color the flair on page 63 and feel the stress of the day melt away. When you're ready, we'll be waiting for you online.



**New World.  
New Rules.**

**atdk**  
techknowledge