

LO-FI ONLINE BODY DOUBLING

Join our RAEN Facilitator to get your weekly tasks done using online body doubling as a strategy.

10am - 11am Fortnightly on Wednesday (starting March 3rd)

In this event you can join our RAEN Discord and then jump into the body doubling channels at the event time. Discord can be used on your computer, tablet or phone. Joined via the pinned post on our Facebook page or using the Facebook event link.

Our Facilitator will have a stream of themselves (they will also be working on tasks) and will also be streaming lo-fi music to keep the vibes calm.

Participants can watch along for company as they complete their own tasks or are welcome to interact in the body doubling chat channel with other participants or our facilitator. We asked that participants to not use their microphones so we can minimise noise to allow focus for those not wishing to chat.



Email: info@raentasmania.com.au for help joining Discord