				: Orientation (Onlin		Breathing
Components	Content (working method)	Duration (slides)	Step	Objective	Instructions	(voices chime)
1. Workshop map	1. Workshop map (Talk)	3 min (2.1-2)	WL speaks	Participants receive an overview of the content of the entire workshop in the form of a workshop map	Talk: Explaining the workshop map	in (no)
•••	2. Workshop map (Expectation query)	5 min (2.3)	1/2 WL Preparation	Participants clarify and express their own expectations/wishes	Task: - Share slide workshop map - Activate whiteboard in video conferencing software - "Please enter your wishes and concerns for this workshop on the map." - Explain the whiteboard function	in (no)
	•••	6 min (2.4)	2/2 Participants work	Participants locate wish on workshop map	Moderation: - Give participants 3 minutes (in silence) to start writing entries - WL then comments or categorises concerns depending on the status - Address what is not possible within the 2 days or how the Participants can clarify these issues elsewhere	out (yes)
2. Know daily schedule	Presentation of the daily programme (Talk)	5 min (2.5-6)	WL speaks	Participants learn the plan for the day	Talk: - Present the plan for the day - Are there any organisational matters to consider among the participants? - Note: Swabian savings plan without details of exact break times; overall only a rough overview of the daily schedule	in (no)
3. Loot sheet	1. Loot sheet (Talk)	1 min (2.7)	WL speaks	Participants get to know the loot sheet	Talk: - "You are welcome to note down the aspects that are relevant to you during the workshop. For example, you can use the loot sheet for this."	in (no)

Duration of unit: 20 minutes.