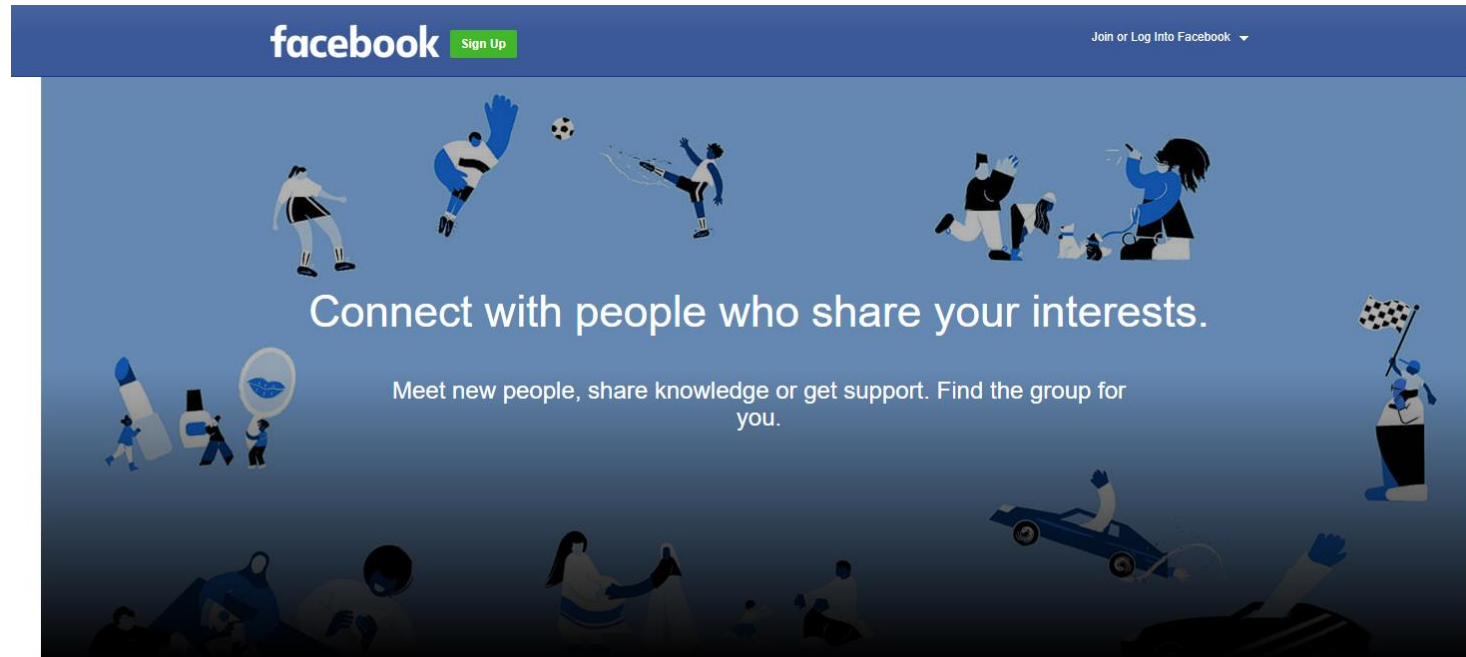


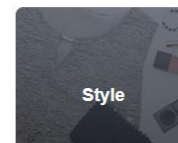
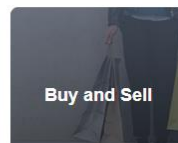
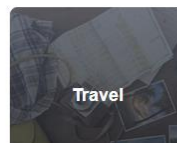
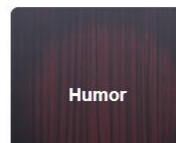
**EMPOWERED CONNECTIONS PART 4**  
**SOCIAL SELF-EFFICACY**  
**5 STEP PLAN**

# STEP #1 – CONNECT AND CONTRIBUTE

<https://www.facebook.com/groups/>

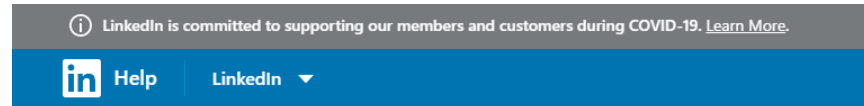


What interests you?



# STEP #2 – CREATE AND NURTURE

<https://www.linkedin.com/help/linkedin/answer/61178>



## LinkedIn Groups Best Practices

Here are some best practices to help you make the most of your group, whether you're a group owner, manager, or member.

### ✓ Creating a new LinkedIn Group

You can create a new **LinkedIn Group** to connect and grow with members who share your interests, experiences, or aspirations. Keep these things in mind as you complete the new group process:

**Complete your group information** - Complete all **group information and settings**. Confirm that your group name is specific and concise and **upload a logo** that is clear and relevant.

**Share responsibilities** - Select multiple **managers** who can help manage membership and facilitate new conversations. To build a management team for your group, consider what roles and responsibilities each manager will have.

**Set the tone and expectations** - Define the objective and culture of your group by outlining a purpose, setting clear guidelines about the rules of engagement, including how repeated violations will be handled.

**Include the right members** - Determine the qualification criteria for membership and identify a small group of members who can help you jumpstart the group. To ensure quality growth, diligently review member profiles prior to approval. Learn how to **invite your connections to join your group**.

**Promote your group** - Determine if your group will be **Standard or Unlisted**. **Invite your connections** to the group or make it more discoverable for members beyond your network by sharing it in the main feed with a relevant hashtag.

**Find out what members need** - Ask your members what they're interested in talking about and share what kinds of contributions you'd like them to make. Create a content schedule to get the conversations going, at least for the first few weeks. Learn how to **start a conversation**.


**Commit to quality** - Create a regular schedule to review and reply to member requests and new conversations.

› Engaging your members in a LinkedIn Group (Group Management)

› Participating in LinkedIn Groups (Group Membership)

# STEP #3 – TWITTER LISTS

<https://help.twitter.com/en/using-twitter/twitter-lists>

 [Help Center](#) [Help topics](#) [Guides](#) [Contact us](#)

[Using Twitter](#) ^

- Tweets
- Adding content to your Tweet
- Search and trends
- Following and unfollowing
- Blocking and muting
- Direct Messages
- Twitter on your device
- Website and app integrations
- Using Periscope

[Managing your account](#) ^

[Safety and security](#) ^

[Rules and policies](#) ^

[↑ Scroll to top](#)




[Help Center](#) > [Following and unfollowing](#) > [How to use Twitter Lists](#)

## How to use Twitter Lists


A List is a curated group of Twitter accounts. You can create your own Lists or subscribe to Lists created by others. Viewing a List timeline will show you a stream of Tweets from only the accounts on that List.

### How to remove yourself from a List

You can view which Lists you are a member of through your **Lists** tab. To remove yourself from a List you will need to block the creator of that List.

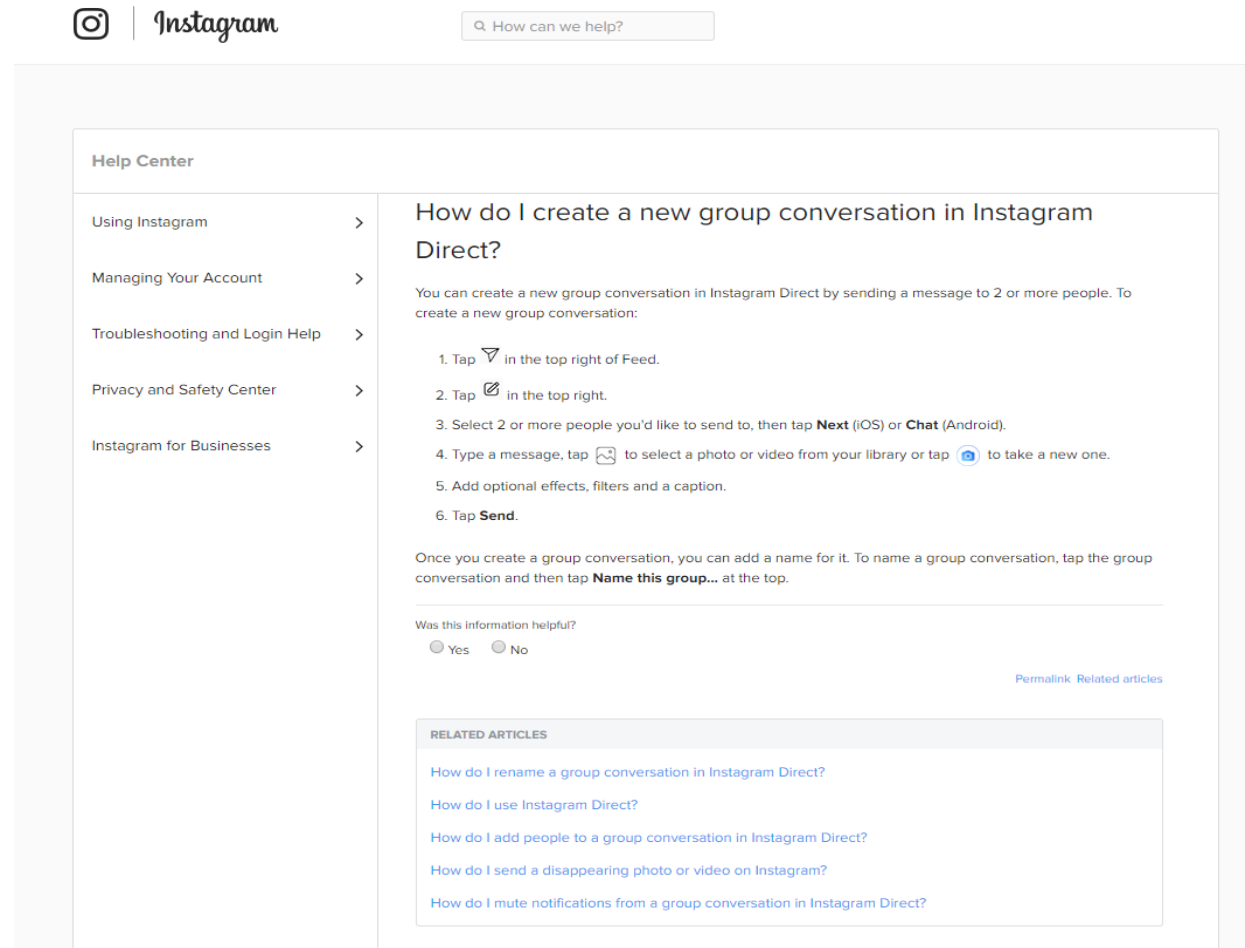
View instructions for:   

### How to create a List

1. Click on **Lists** in the navigation bar.
2. Click the **Create new List**  icon at the top.
3. Choose a name for your List, and a short description of the List. List names cannot exceed 25 characters, nor can they begin with a number. Then select if you want

# STEP #4 – INSTAGRAM CONVERSATIONS

<https://help.instagram.com/113882968962608>



The screenshot shows the Instagram Help Center interface. At the top left is the Instagram logo and the word "Instagram". To the right is a search bar with the placeholder text "How can we help?". Below the search bar is a "Help Center" header. On the left side, there is a navigation menu with the following items: "Using Instagram", "Managing Your Account", "Troubleshooting and Login Help", "Privacy and Safety Center", and "Instagram for Businesses". The main content area displays the article "How do I create a new group conversation in Instagram Direct?". The article text includes: "You can create a new group conversation in Instagram Direct by sending a message to 2 or more people. To create a new group conversation:", followed by a numbered list of 6 steps: 1. Tap the speech bubble icon in the top right of Feed. 2. Tap the plus icon in the top right. 3. Select 2 or more people you'd like to send to, then tap **Next** (iOS) or **Chat** (Android). 4. Type a message, tap the photo icon to select a photo or video from your library or tap the camera icon to take a new one. 5. Add optional effects, filters and a caption. 6. Tap **Send**. Below the list, it says: "Once you create a group conversation, you can add a name for it. To name a group conversation, tap the group conversation and then tap **Name this group...** at the top." At the bottom of the article, there is a feedback section: "Was this information helpful?" with radio buttons for "Yes" and "No". To the right of the feedback section are links for "Permalink" and "Related articles". Below the article is a "RELATED ARTICLES" section with a list of five links: "How do I rename a group conversation in Instagram Direct?", "How do I use Instagram Direct?", "How do I add people to a group conversation in Instagram Direct?", "How do I send a disappearing photo or video on Instagram?", and "How do I mute notifications from a group conversation in Instagram Direct?".

Instagram | Instagram

How can we help?

Help Center

Using Instagram >

Managing Your Account >





Troubleshooting and Login Help >

Privacy and Safety Center >

Instagram for Businesses >

## How do I create a new group conversation in Instagram Direct?

You can create a new group conversation in Instagram Direct by sending a message to 2 or more people. To create a new group conversation:

1. Tap  in the top right of Feed.
2. Tap  in the top right.
3. Select 2 or more people you'd like to send to, then tap **Next** (iOS) or **Chat** (Android).
4. Type a message, tap  to select a photo or video from your library or tap  to take a new one.
5. Add optional effects, filters and a caption.
6. Tap **Send**.

Once you create a group conversation, you can add a name for it. To name a group conversation, tap the group conversation and then tap **Name this group...** at the top.

Was this information helpful?

Yes  No

[Permalink](#) [Related articles](#)

RELATED ARTICLES

- [How do I rename a group conversation in Instagram Direct?](#)
- [How do I use Instagram Direct?](#)
- [How do I add people to a group conversation in Instagram Direct?](#)
- [How do I send a disappearing photo or video on Instagram?](#)
- [How do I mute notifications from a group conversation in Instagram Direct?](#)

# STEP #5 – HOLD AN EDUCATIONAL WEBINAR

<https://www.webex.com/pricing/index.html>

The screenshot shows the Cisco Webex pricing page. At the top, there is a navigation bar with 'Solutions', 'Webex Devices', 'Plans & Pricing', and 'Learn'. A search bar and 'Host', 'Join', 'Sign in' options are on the right. The main heading is 'Special Offer' with the text 'We're here to help you work remotely and stay connected.' Below this are three bullet points: 'Upgraded Free plan', 'First month free when you sign up for a paid monthly plan', and 'Four months free when purchasing an annual plan'. A code 'wecare2020' is provided for checkout. A toggle switch is set to 'Billed monthly'. The pricing table has four columns: Free (Personal, CAD 0), Starter (Small teams, CAD 17.95), Plus (Mid-size teams, CAD 23.95), and Business (Large teams & businesses, CAD 35.95). A 'Now Updated!' badge is on the Free plan. A 'Supporting you during COVID-19' banner is on the right. A chat icon is in the bottom right.

Solutions ▾ Webex Devices Plans & Pricing Learn ▾

Q Host Join Sign in ▾

## Special Offer

We're here to help you work remotely and stay connected.

- ★ Upgraded Free plan
- ★ First month free when you sign up for a paid monthly plan
- ★ Four months free when purchasing an annual plan

Use code at checkout: **wecare2020**

Choose a plan that fits your company's goals. Select below for your special offer.\*

Annual plans get 4 months free  
Billed annually  Billed monthly

Free	Starter	Plus	Business
Personal	Small teams	Mid-size teams	Large teams & businesses
CAD 0 <small>per month per host</small>	CAD 17.95 <small>per month per host</small>	CAD 23.95 <small>per month per host</small>	CAD 35.95 <small>per month per host</small>
<a href="#">Sign Up</a>	<a href="#">Buy Now</a>	<a href="#">Buy Now</a>	<a href="#">Buy Now</a>
			Minimum 5 licenses per month

Now Updated!

Supporting you during COVID-19 →



Home

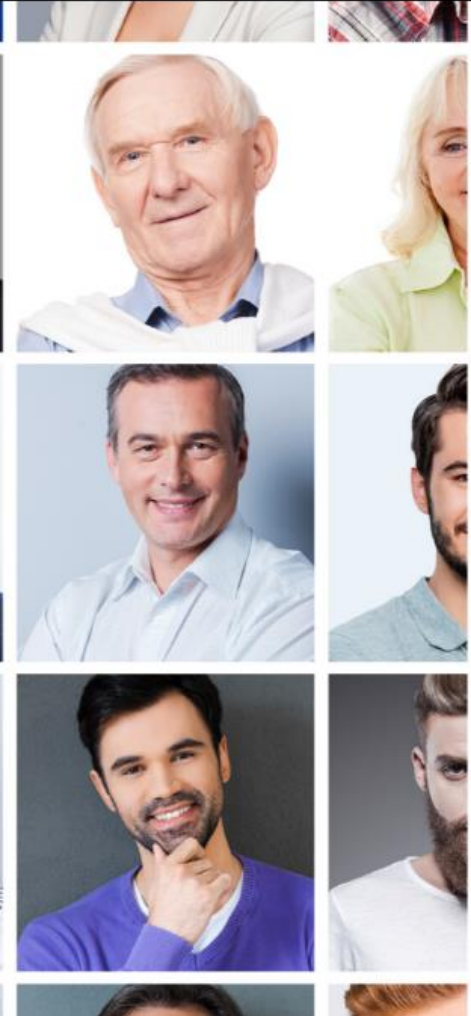
Free

Courses

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About



# Learn with Louise

## LouiseAnneMaurice.Com

How To Be Happy In Life by Louise Anne ...

Watch later Share

Empowerment Expert

LOUISE ANNE MAURICE

### In Life

Benchmark	Value
Benchmark 1	10
Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training

