


All chat messages — quick reference

Copy and save these messages in a text document before the session so you can paste them quickly:

Message 1:

 Welcome to the FairCare carer session! This is a confidential space. You only share what you want to share. You can always pass. Please turn on captions if you need them.


Message 2:

Our ground rules for today: Speak in plain language One voice at a time Respect each other's time You can always pass Confidentiality is respected


Message 3:

 Here is the link to your My Profile – Carer Version form: [PASTE YOUR GOOGLE FORM LINK HERE] Take your time. There are no right or wrong answers. You have about 10–12 minutes.

Message 4:

 If it helps, look at the Feelings Cards PDF while you reflect. Which feeling is closest to how you feel in your caring role right now?


Message 5:

 *Optional: Share one word or short phrase about a strength you bring to your caring role. Type it in the chat and your trainer will add it to our shared screen.*





Message 6:

 You are about to go into a pair conversation. When you are with your partner, take turns saying: "Two strengths I see in you are..." "One idea that could support your role is..." Swap roles. You have 10 minutes.

Message 7:

 Welcome back! Who would like to share one helpful support you heard? Something that could help carers in your role? Type it in the chat or unmute to speak.

Message 8:

 Last question before we close: What support helps you collaborate more effectively in FairCare? Type your answer in the chat or just react:  I feel good about today  It was okay  I need more support