

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 session! This is a safe space. You only share what you want to share. You can always pass. Please turn on captions if you need them (look for CC in your call settings).

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 ☒ What is shared here stays here

Message 3:

 Here is the link to your My Profile 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 you, you can look at the Feelings Cards PDF while you fill in the form. Your trainer sent it to you before the session. Which feeling is closest to how you feel right now?

Message 5:

★ Optional: Share one word or short phrase about a strength you have in daily life. 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 things I value in you are..." "One thing that could help you participate is..." Swap roles. You have 10 minutes.

Message 7:

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

Message 8:

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