

Online Meeting

Monday 12th October 2026



Here is all the information you need for the event, but if you have any other questions, please email: hello@thinkdifferentlydg.org.uk **or** phone / text: 07405 956297.

Joining Information:

The meeting will take place **online** on **Zoom**.

The Zoom link is here:

<https://us06web.zoom.us/j/89386834369?pwd=9sleqsbOjCBJwwqxoObCK55QPfW2Nk.1>

Meeting ID: 893 8683 4369

Passcode: 5Zj0fE

The meeting starts at **6pm** and will run until **7.30pm**.

Feel free to leave the meeting at any time.

Who will be there?

Picture	Information
	Joanne Dunn Think Differently Project Worker



Ally Nicolas

Think Differently Project Worker



Angharad Storrie

Think Differently Project Worker



Members of the Management Committee may come along too.

Think Differently Dumfries and Galloway

What will we be doing?

There will be a general introduction and informal chat at the start of the session. Then we will discuss some time management strategies and how to help with procrastination (putting off tasks that need to be done).

There is no pressure to talk or participate so please do not feel that you have to.

You can turn your camera off at any time.

You are welcome to use the 'chat' function if you would rather write down your thoughts rather than speaking in the meeting too.

Here are the plans for our online meeting:

6.00-6.15pm	Introductions and general chat Informal chat lead by the Think Differently team. Short discussion regarding Stranraer venues. Remember: there is no pressure to (by talking or using the 'chat' function).
6.15-7.15pm	Sharing Strategies about time management and ideas that may help with procrastination (putting off tasks that you need to do) Think Differently team will lead a discussion on time management strategies and getting tasks done. Remember: there is no pressure to (by talking or using the 'chat' function).
7.15-7.30	General chat We will finish off with a chance for people to continue to connect and chat. We can create a breakout room if anyone would like to talk to a member of the Think Differently in a quiet space. Feel free to message us in the chat as Angharad will be keeping an eye on this for the whole meeting.
7.30pm	Meeting closes.

Some final thoughts

- Remember everyone will be a bit nervous, and that is totally normal. You only need to take part as much as you feel comfortable to.
- You can write all your ideas down in the 'chat' function of Zoom if speaking out feels hard.
- If you wish to talk to a member of the Think Differently team in private, please let us know.
- If you need to take a break or sit quietly with your camera and microphone off, please do so.
- If there is anything we have not thought about in terms of how to make this event safe or accessible for you, please let us know.
- Remember if there is anything we have not covered in this document and you need more information, please email us:
hello@thinkdifferentlydg.org.uk **or** phone / text us: 07405 956297 (including on the day).