

22.33 PODCAST DISCUSSION GUIDE



SEASON 02 EP 25 - CONNECTING THROUGH ISOLATION, PART 1

Note: This guide is designed to be used by American Space staff or volunteers to lead a discussion around ECA's 22.33 podcast. For ideas on how to run this virtually see our [virtual programming toolkit](#).



INTRO TO PODCAST

The "Connecting Through Isolation" 22.33 podcast series launched due to the COVID-19 global pandemic when many were forced to stay at home. These episodes are a compilation of people from all over the world submitting audio recordings of their experiences. In this episode, messages from three continents, original songs, and the sense that, even though we are apart, we are all very much together.

Key Term

Alumni - former members of a group, company, school, or organization.

Play **22.33 Podcast, season 2 episode 25: Connecting through Isolation, Part 1**. Stop the podcast at 11:30, and discuss the following questions.



DISCUSSION QUESTIONS

1. Where are you finding inspiration and happiness during this time?
2. Let's take a moment to practice mindfulness. Close your eyes and breathe in and out very slowly, taking deep breaths. We'll do this for about 3 minutes.

Continue the podcast until 22:00, then ask the following question:

3. Kristen E. discussed the culture of busyness that she feels has left temporarily. Are you normally a busy person? If yes, what are you doing with this momentary break? If not, why do you feel that is? How do you spend your time?

If time permits, continue listening to the podcast and ask the following questions:

4. Tony mentions leadership and sharing our gifts. How can you show leadership during these times? Do you have a skill you could share virtually?
5. Isolation is a big change for most of us, but we know that life goes on at the same time. What other changes are you experiencing?

Resources

<https://eca.state.gov/2233>

<https://elibraryusa.state.gov/>

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