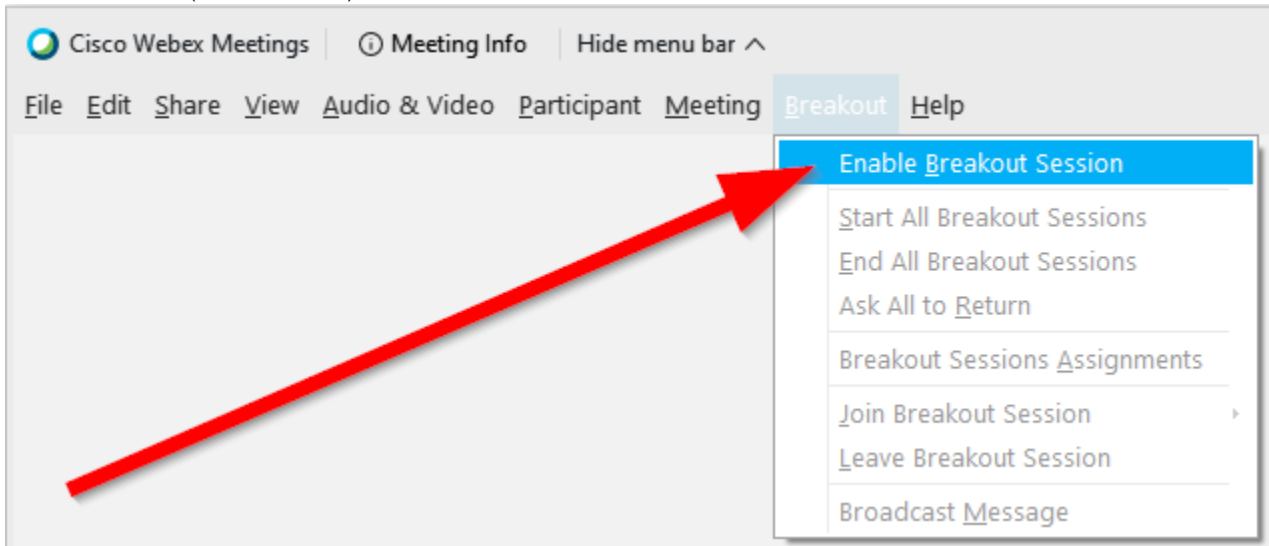# Webex Meetings - Automatically Create Breakout Sessions

As a host or cohost, breakout sessions are easy to create. You can create the sessions any time during the meeting and then when you're ready, start them.

Breakout sessions in Meetings have many of the same benefits as Webex Meetings including:
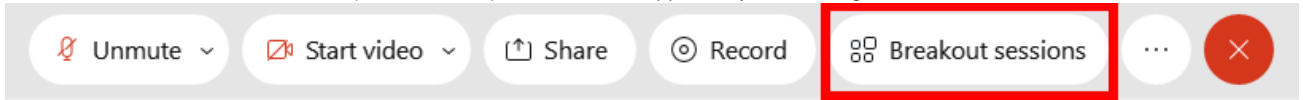
- Voice Chat
- Video
- Screen Sharing
- Text Chat
- Notes
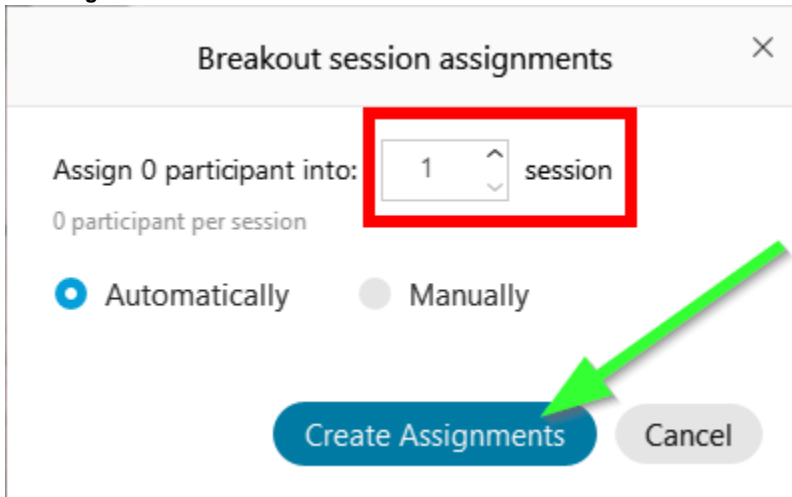
Automatically Create Breakout Sessions

1. In Webex Meetings versions 40.9 or later, locate the **Breakout** option from the top menu bar of Webex Meetings and click **Enable Breakout Session** (*red arrow below*).

2. Click the **Breakout sessions** button (*red box below*) which will now appear in your meeting controls at the bottom of the Webex window

3. In the **Breakout session assignments** box, select the number of sessions you would like to have (red box below) and then click the **Create Assignments** button

4. If your session assignments look correct, click the **Start breakout sessions** button (*green arrow below*) to start sessions with those sessions.
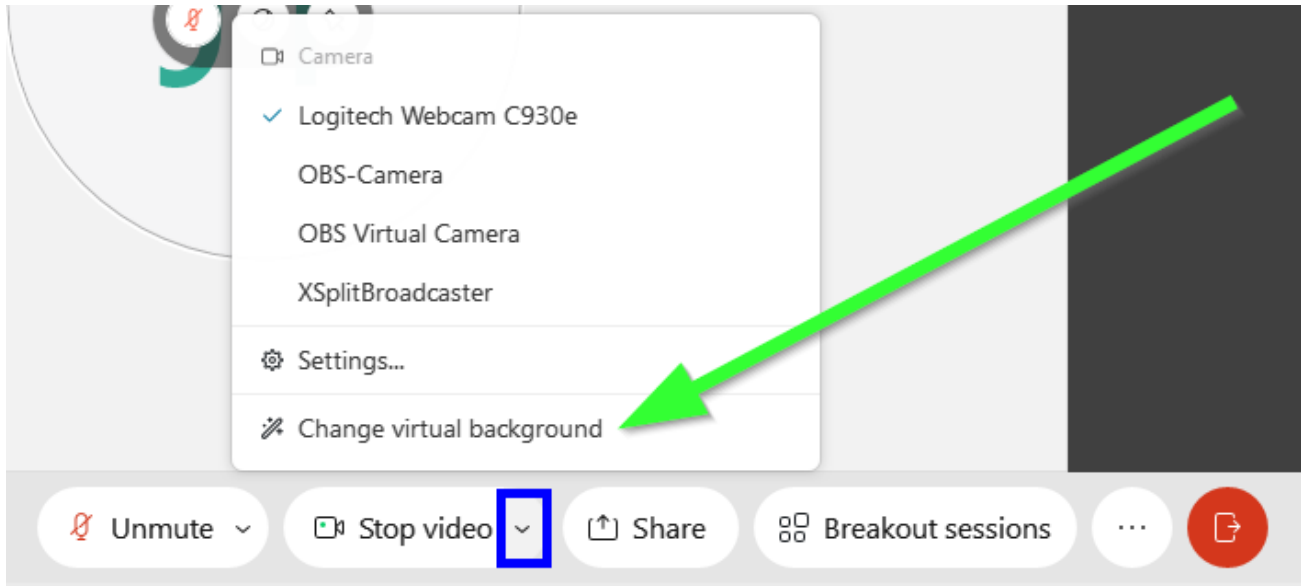

Enabling Cameras in Breakout Sessions

1. To enable camera feeds when in a Breakout Session, simply select the **Start video** button (blue box below) in the Webex Meetings control bar at the bottom of the screen
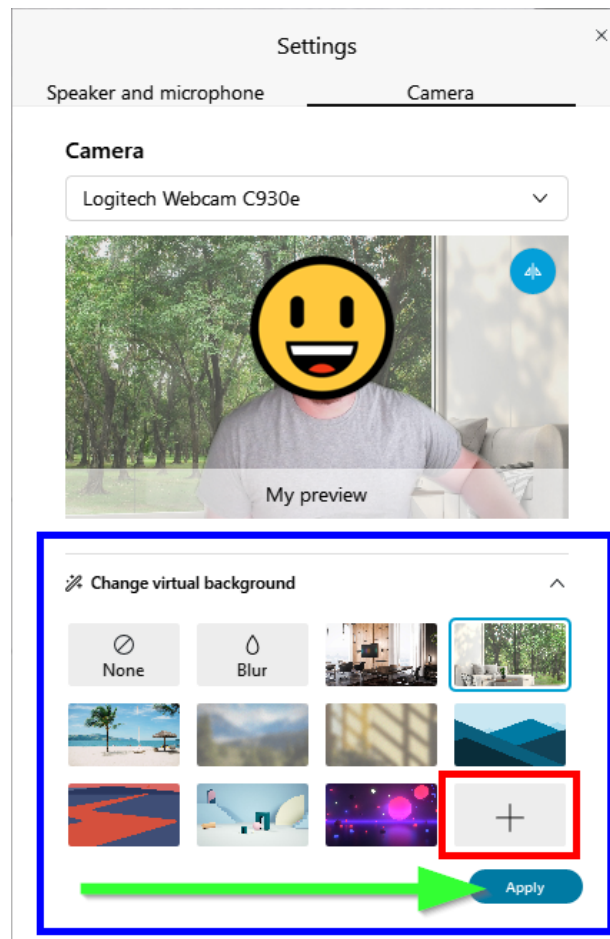
Enabling Virtual Backgrounds in Breakout Sessions

1. If you would like to use a virtual background, select the dropdown option for video (*blue box below*) in the Webex Meetings control bar at the bottom of the Webex meeting screen and select the **Change virtual background** option (*green arrow below*).

2. Your camera settings will now open and you can choose from a variety of preset virtual backgrounds (*blue box below*) or by uploading your own virtual background by clicking the **+** box (*red box below*) and uploading your own image.

3. When you are satisfied with your virtual background choice, click the **Apply** button (*green arrow above*) to set your virtual background.