

ESSENTIAL ZOOM INFORMATION

PLEASE, RETURN AND SIGN ALL DOCUMENTS , THAT APPLY, LATEST 48 HOURS PRIOR OUR SCHEDULED APPOINTMENT.

I WILL SEND YOU A ZOOM INVITE A DAY & ALSO AN HOUR BEFORE YOUR SCHEDULED APPOINTMENT.

PLEASE SET YOUR PC SCREEN SETTINGS TO NEVER SHUTDOWN SO YOUR SESSION IS NOT INTERRUPTED.

ALSO NOTE, ALL OUR SESSIONS ARE RECORDED.

EAT WELL, BUT DO NOT OVEREAT BEFORE THE SESSION, BE WELL HYDRATED. EXTRA ELECTROLYTES WOULD BE BENEFICIAL IN HOT CLIMATES. START DRINKING EXTRA WATER THE NIGHT BEFORE.

ALLOW YOURSELF 2 HOURS FOR THE SESSION, AND AN EASY SCHEDULE FOR THE REST OF THE DAY.

MAKE SURE YOU WILL BE NOT DISTURBED, PLEASE TURN OFF TELEPHONE, FB NOTIFICATIONS ON YOUR PC, AND CLOSE DOWN ANY OTHER PROGRAMS/WEBPAGES WHILE WE ARE ON THE SESSION.

MAKE A COMMITMENT TO YOURSELF TO LISTEN TO THERECORDING A MINIMUM OF 21 DAYS, AT LEAST ONCE A DAY AFTER YOUR SESSION. MANYPEOPLE FIND LISTENING MORE TIMES A DAY COMPOUND THE ASSIMILATION PROCESS.

WHAT IF OUR SESSION LOSES INTERNET CONNECTION?

IF FOR ANY REASON SKYPE/ZOOM DROPS OUT DURING THE SESSION, YOU WILL NATURALLY NOTICE OUR SESSION HAS GONE QUIET AND WAKE READILY. PLEASE CLICK ON THE INITIAL ZOOM LINK AGAIN TO RECONNECT. HOWEVER, DO NOT ATTEMPT TO RECONNECT IF THE INTERNET SESSION DROPS OUT DURING THE TRANSFORMATION RECORDING, THE FINAL 20 MINUTES, IN THAT CASE, I WILL CALL YOU BACK AFTER I'VE COMPLETED THE PERSONAL RECORDING. ONCE WE HAVE ESTABLISHED A STABLE SKYPE OR ZOOM CONTACT, OUR PHONES WILL BE SET TO AIRPLANE MODE FOR ZERO INTERRUPTIONS.

CORRECTLY SET-UP

IT IS VERY IMPORTANT TO BE SET UP CORRECTLY PRIOR TO MY DIALLING YOU VIA SKYPE OR ZOOM. PLEASE DO A PRACTICE OF THIS, TO SAVE TIME DURING THE SESSION:

SET YOUR COMPUTER UP SO THAT YOU ARE RECLINING OR SITTING COMFORTABLY, BUT YOUR FACE IS CLEARLY VISIBLE (I NEED TO SEE YOUR

EYES AND ARMS). ALSO BE ABLE TO RAISE YOUR ARMS TO CHEST HEIGHT WITHOUT HITTING YOUR COMPUTER SCREEN. SET UP YOUR CHAIR/RECLINING POSITION COMFORTABLY, WITH A PILLOW/CUSHION TO SUPPORT YOUR HEAD, BLANKET IF NEEDED TO BE WARM AND GO TO THE BATHROOM BEFORE HAND. HAVE TISSUES AT THE READY IN YOUR LAP ALSO. I ADVISE YOU GO TO THE BATHROOM. ONCE THE SESSION COMMENCES THERE CAN BE NO INTERRUPTIONS. PLEASE ENSURE YOU'VE SWITCHED OFF ANYTHING THAT CAN DING, RING OR PING! ALSO SET YOURSELF UP IN A ROOM WHERE THE DOOR CAN BE SHUT, NO PETS OR CHILDREN ALLOWED IN. GIVE YOURSELF THE ENVIRONMENT OF PRIVACY AND IF POSSIBLE MINIMISE NOISE.

IF YOU HAVE ANY OTHER QUESTIONS, FEEL FREE TO EMAIL ME, EMAIL ADDRESS IS AVAILABLE AFTER OUR SCHEDULED DISCOVERY CALL.

LOOKING FORWARD TO OUR SESSION!

