

Online Relationship Session Guide

Tips to get the most out of your online session

01

Decide on your device

Phone/tablet/laptop/computer.. Is it charged? If it is in a fixed location, is this a good space to have your session? Will you be on speaker or headphones? Is your microphone setting working?

02

Decide where you will be for your session

You want your session space to be private and free from distraction/interruption. Is it comfortable and quiet? Are you at home or in the car, or at work? What do you need to organise for your session?

03

Zoom

Create your free Zoom account and load it on your chosen device. Do you have your unique link? If not, please let me know and I will send it.

04

Children

How will you manage the kids while you and your partner are in a session? Are young ones needing to be minded? Do older ones need to be out of earshot and occupying themselves?

05

Just before

Gather yourself, slow down, put aside your to-do's, and take a moment to become present in the here and now. Grab a drink and hop online... I'll be with you shortly!