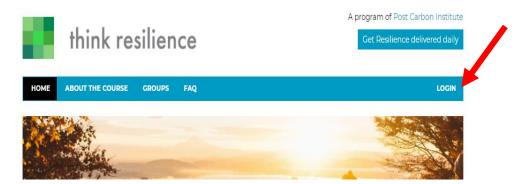
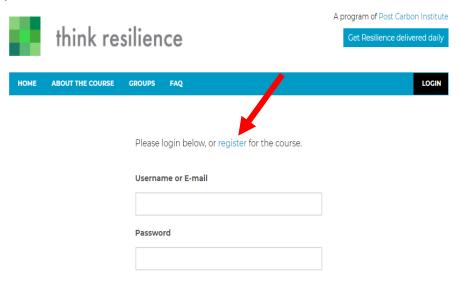
## How to sign up to view Think Resilience Video sessions

- 1. Navigate on your web browser to the Think Resilience Course homepage.
- 2. Click on LOGIN



3. If this is your first time to the site you will need to click on register, otherwise enter your email and password.



4. Scroll down the page until you see REGISTER NOW.

## How to take the course



5. Please note that this course if free at this time, then click on GO TO CHECKOUT.

Think Resilience is now free to help support everyone impacted by the coronavirus shutdown and the shift to online education. Registration was previously \$20.00 USD.



6. Fill in the requested information including name, country, zip code and email. You will need to create a password which is used each time you log in. Click on PLACE ORDER.

eate account password <u>*</u> Password	
RORDER	
R ORDER  Think Resilience Self-Directed Course 1	\$0.00

- 7. You are now ready to watch the videos for this course. Total viewing time is about 3.5 4 hours, but individual videos are between 6 and 15 minutes long. Please see the the Green Sanctuary Webpage for discussion session dates, other details and a list of the videos covered for each of the 7 sessions of this class.
- 8. If you have questions please call or email Cathi Fouchi at 507-317-9858 or <a href="mailto:cmm">cmfkend@gmail.com</a>.