

# SARAH TYLER-WALTERS TRANCE MEDIUM

## Online Appointment Instructions

Here are the instructions for joining consultations via an online platform.

In preparation for your consultation, please ensure you have a good internet connection. Sarah cannot be held responsible if the call is unable to go ahead due to connection issues at your end. Wearing headphones is recommended as it helps to prevent audio feedback, which can be distracting.

### **Preparing for your session**

You are investing in yourself by having a consultation, take some time beforehand to prepare your thoughts and questions. Writing them down to refer to during the session can be helpful. Ensure you will not be disturbed by people, pets or your phone.

### **Skype**

NEW CLIENTS:

- You need to send Sarah a contact request a few days before your first session

EVERYONE:

- Sarah's Skype address is - SarahTylerWalters
- Ensure you have added Sarah to your Skype contacts
- Please call Sarah at your appointed time; she will be waiting for your call
- Video is required for coaching and teaching sessions but not for trance consultations

### **Zoom**

NEW CLIENTS:

- Download the zoom app beforehand, to join the meeting, from <https://zoom.us>
- Ensure you have a good internet connection

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- Ideally join the meeting from a computer, rather than a device
- Preferably use headphones to help prevent audio feedback

EVERYONE:

- At the appointed time click on the zoom link in this email to join
- Enter the password
- Sarah will be waiting for you
- Video is required for coaching and teaching sessions but not for trance consultations

If the link does not work for any reason, go to the app (on your computer or device) and click Join Meeting. Then enter the Meeting ID and follow the on-screen instructions.

## **FaceTime**

EVERYONE:

- Sarah can be reached on 07748 871776
- Ensure you have added Sarah to your contacts beforehand
- Please call Sarah at your appointed time; she will be waiting for your call
- Video is required for coaching and teaching sessions but not for trance consultations