**Live Today Hypnosis**

 **Basic Requirements for Remote Sessions**

You must have the following minimum internet connection and equipment to be able to participate remotely:

1. High speed internet – Broadband or better;
2. Desktop computer or Laptop computer are acceptable, tablets and IPads are not;
3. Zoom software must be installed and working properly;
4. A good camera, and headset with microphone (we must be able to have a good, clear view of your face and upper body, so your camera must be close enough to you;
* A short test “meeting” prior to the session will need to be conducted to make sure it is working satisfactorily.
* It’s important that we test in the same room/location you will be in when your sessions will be conducted.

**Handling Disruptions, Interruptions and Noise**

In order for us to have a successful remote session, it is very important that the following guidelines for your session be adhered to:

1. Make sure you are in a room where you can lock the door to prevent family members or pets from coming into the room;
2. Advise family members that you will be in session, they should not interrupt you or make a lot of noise outside the room;
3. If you have barking dogs, be sure to put them in another part of the home;
4. If you tend to get UPS deliveries, etc. place a sign on your door such as: “Please Do Not Ring Bell”
5. Freezing monitors or disconnects – please make certain that your computer is not set up to go into sleep mode less than 2 or 3 hours of inactivity.
6. Please disconnect all other programs running on your computer during the session, unnecessary programs may weaken your internet connection;
7. Turn off the ringer on your cell phone before your session;