

# Participant Resources

1. **Stable internet access:** The training will take place online. This requires an internet connection that is not intermittent.
2. **Access to Zoom:** Zoom is an online video conferencing tool. You can sign up to Zoom here: <https://zoom.us/signup> but you don't need to be signed up to participate in the training.
3. **Own My Story journal:** This will be posted out to you in advance of the training.
4. **Pen/pencil/felt tips/highlighters:** You will need to write in the Own My Story journal during the training.
5. **Laptop/desktop computer/tablet:** While Zoom can be accessed from a smart phone, is it ideal to access it via a larger screen.
6. **Webcam:** Most laptops and tablets have a built in webcam, but if you are using a desktop computer you will need a webcam. There are apps which will allow you to use your smart phone as a webcam.
7. **Headphones:** In order to ensure the sound quality for all participants, headphones are required. If your device has a built-in microphone, your headphones **do not** need a microphone.
8. **Timer:** This needs to be separate to your computer, as you will be invited to go get fresh air at various points during the training and need a timer to ensure you get back on time.
9. **Water:** Please have water close-by as it is important to remain hydrated throughout the day.

