



## **MTT Factsheet – getting ready for your MTT Webinar programme**

This factsheet outlines the 4 quick and simple steps that will get you ready to participate in an MTT Webinar programme:

### **Step 1 – get the tech!**

Decide on the device that you want to use to participate in the Webinar. This can either be your smart phone, tablet, laptop or PC. You can choose to join the Webinar from any location such as at home, in an internet café, at work; as long as you have good internet connection and you feel comfortable and will not be disturbed. It is essential that you have an email address.

### **Step 2 – get registered!**

Register yourself on the Webinar programme of your choice, as per the instructions given to you by your Wellbeing Hub, GP, link worker, college, jobcentre or employer. This will either be a QR code that you can scan or by clicking onto an internet link. You will automatically be taken to the MTT online Partner Programme Plan where you can choose the Webinar programme(s) that you wish to register on. If you have already participated in a Webinar programme you will 'login to your MTT account' (green button). If you are new, you will need to go to 'register here' (orange button) to register your details.

### **Step 3 – get the app!**

Download the Zoom app onto your device. You will automatically receive a link giving you step-by-step instructions how you can do this.



### **Step 4 – get started!**

At the time of your chosen Webinar programme, all you need to do is click onto the link that has been provided to you via email to join the Webinar session. It is also a good idea to note down the Webinar telephone number as well, in case you lose your internet connection and need to listen to the Webinar over the telephone. After the Webinar, you will receive useful resources via the MTT client portal, view recordings of the programme sessions and receive everything that you will need for your home practice.

We hope that you enjoy your MTT Webinar programme and that our therapeutic support helps you to learn and develop suitable coping skills to help you live your life to the fullest.

**Kind regards,**

**The MTT team**

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