



What is a webinar?

A Safe Space level 3 & 4 is now available on line by webinar - here's a brief outline:

If you are wondering about whether you could cope with a webinar - fear not! Although officially they are defined as a virtual interactive experience, actually there is a lot going for them :

- You are not on camera, so you can lounge around in your PJs
- You don't have to speak - all interaction is done by emoticons or typing, so you have time to think

So what happens?

- You book via Go, and then before the time, you will receive an email telling you exactly what to do.
- Basically, you go to My Events in Go, scroll down to the webinar you have booked, and click 'join'.
- The first time you do this, you will be helped to download the software (it just happens) and it only takes a minute or two.
- Then you will taken into the webinar, where you will first do a sound check (to ensure you can hear the presenter), then sit back, relax, and enjoy.

So check out the webinars and sign up!