



## **Pre-Session Client Checklist**

- Find a comfortable place in your home or other setting that provides privacy.
- Limit distractions as much as possible (i.e. others in the room, pets)
- Make sure webcam, speakers and sufficient broadband width are all functioning properly.
- Turn off all games, apps and notifications on your computer or smartphone.
- Check your lighting. It's helpful to have a lamp or other light source to either side of you or in front.
- Is there a parent in the room or nearby who can assist should technical challenges arise?