

# **In order to access your webinar recording plan, webinar recordings or members only page (for those with a subscription):**

## **If You Purchased The Adult Burnout Plan**

1. On this website go to the 'Adult Burnout Plan' page
2. Sign in unless the website remembers you
3. You should then have access to that page and the 3 recordings plus resources

## **If You Purchased The Parent Burnout Plan**

1. On this website go to the 'Parents Burnout Plan' page
2. Sign in unless the website remembers you
3. You should then have access to that page and the 2 recordings plus resources

## **If You Purchased The Autistic Masking Webinar Recording Plan**

1. On this website go to the 'Masking Recording Plan' page (**not** The Masking and Boundaries Webinar page as that page is for ticket holders of the original webinar only)
2. Sign in if asked
3. You should then have access to this page and the recording of the webinar

## **Watching Individual Webinar Recordings (if you bought a ticket to a webinar but could not attend (or have purchased access)):**

1. On this website go to the page of the webinar you want to watch (for example: Being Late Identified ND and Menopause, Autistic Meltdowns, Healing, Burnout or Burnout Crisis)
2. You may be asked to sign in unless you have already
3. Use the access code Viv has sent you to watch the recording

## **If You Have Purchased Membership Of The Parents Burnout Support Group**

1. On this website go to the Members Only page
2. You may be asked to sign in
3. You should then have access to the page and details of how to join the monthly group and free resources.