## Using Zoom.

To join your online sessions with Beatrice Nicholas simply click the Zoom link sent to you by scheduling@acuityscheduling.com, you will then be prompted to download the Zoom App. It is recommended that you download the Zoom App before your session, you can do so at the Zoom Download Center

You may also join a test meeting to familiarize yourself with Zoom before your session. To participate in a Zoom session you will need a webcam and microphone. This can be inbuilt to your computer / device or plugged in. Using headphones in a Zoom Room is highly recommended as it reduces background noise.