



Important Things To Know To Get The Most Out Of HESS!

Be present and attend the whole event.

Be open to learn and to support this virtual event community.

- Be respectful of each other
- Be considerate of Christian as he's put a lot of thought and resources into presenting this so you can learn and grow

Be camera ready and have your camera on and show us your lovely face every day.

Here's what to expect for timing during the 3 days of the event:

● Our event schedule Friday to Sunday will be 8am-5pm PT (and until 6pm PT on Saturday). Christian may adjust the timing based on how the event is going and what he feels is most optimal for everyone

- We will have a lunch break each day at around 12pm PT
- We'll have a short dinner break on Saturday (around 4pm PT)
- There will be lots of learning, growth, and healing

Take care of yourself over these next 3 days, take bathroom breaks as needed, keep snacks and water nearby, get lots of rest at night, ask our team if you need any other support at all.