

Important Things To Know To Get The Most Out Of IMM2!

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 Thursday to Saturday will be 9am-7pm PT (and then 9pm PT on Friday). 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
- We'll have a short dinner break on Friday (possibly around 5pm)
- We'll do lots of practice breakout sessions throughout the next 3 days to practice, learn, and master your new IM skills
- There will be lots of learning, growth, and healing

The team will be taking attendance both randomly throughout the main sessions and also during practice breakouts.

You must attend and participate in at least 80% of this event to qualify to apply for your certification at the end.

- **IMPORTANT:** Make sure the name you are showing on screen is the same name you registered for this event with. If you need to change your name so it is the same, click on "Participants", find your name and hover over it, click "More" then "Rename".
- When Christian asks you to put your name in the chat for attendance, make sure to use the same full name you registered with as well!

Breakout Sessions:

- Breakout rooms will be random each time
- Minimum of 3 people in each group sometimes maybe up to 5-6
- 2 will practice at once, the others will observe

During the breakout sessions, please save most of your questions for when you return back to the main session and put it in the chat box for Christian, so everyone can benefit from the answers.

Trust who you end up in breakout rooms with, trust it is in your highest path to practice and learn from one another.

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.