

# Slack




**The Slack app is an important part of how we communicate with each other and is paramount in helping you implement and action your goals from your treatment plan.** Answers and a plan are important but implementation is critical to achieving results.

Slack is a simple way to provide accountability and is one of our ways of supporting you through the often challenging process of change. Slack is also our preferred method of communication and a great place to bring your coach up to date, ask non-time sensitive questions and share any changes or results.

## How to get started:

1. Install the Slack app onto your mobile device.
2. We will send you a Slack invitation email, which will allow you to sign in to Slack.
3. Click through using the link in the email and set up your account with your name and a password.

## How to use Slack:

- On the top left corner there is a Slack logo/symbol 
- Click on that and it will take you to your dashboard where you can see the conversations/channels you are a part of.
- To message your coach, simply click on your coach's channel and write your message.
- Please make sure that you TURN NOTIFICATIONS ON so that you know when your coach has messaged you. This can be done by clicking the three dots in the top right hand corner of your message page. Click on 'settings' then 'notifications' and choose your preferences. To save your new settings, simply click out using the 'settings' tab at the top left of the page.

*We want to help you in whatever way we can, and we can best help if we know what is going on...stay in touch with Slack.*