



Instagram Live Guidelines

Dear all!

After a productive tech training meeting on how to run IG Live, we are ready for our next **Community Gathering this coming Saturday at Noon, PST.**

We wrote some simple tips on how Instagram works since we are most used to Zoom.

Please post it in your respective groups!

Here are some simple steps to enjoy the features of Instagram Live:

- Follow me on IG [@drmilesreid](#) so you get an easy reminder that takes you directly into the meetings, or simply go to my IG page & find the LIVE meeting there.
- In Instagram Live, unlike Zoom, you don't need to be accepted or admitted into the meeting; when you click to Join it automatically brings you into the Live meeting, in a viewer-only mode. (*Note: any button that asks you if you want to request to join is ONLY for when you want to share on camera, so only click it in that circumstance.*)
- Once you are in the Live meeting, enjoy simply listening and watching, and at any time, you can:

1. Ask a question about your experiences and interests in the Warriors' Way.

*Click the ? icon below the screen and write your Question there. The presenter will try to answer it Live on camera.

2. Share Live on camera a personal experience or a question with more personal context.

*Click on Ask to Join or on the + icon below the screen and request to join. The presenter will then put you on camera. At the end of your sharing, the presenter will put you back in viewer-only mode.

3. Ask a short question about workshops, Joining Forces, or Miles Reid.

*Click the ? the icon below the screen and write your Question there. One of our helpers will try to answer them in the Comments Bar below the screen.

- You can also write in the Comments Bar below the screen at any time during the meeting.

After the meeting, we anticipate that a copy of the Live meeting video and its Comments section will be posted in the IG page for your future reference!