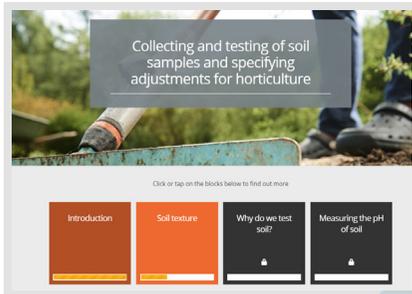


Course User Guide

Menu

This is the **menu** screen, showing an overview of the module and list of topics. You must complete each topic in turn to unlock the next one.



At the top of the screen, below the logo, is the **Progress Bar** and this will complete as you move through each page.

Cannot progress?

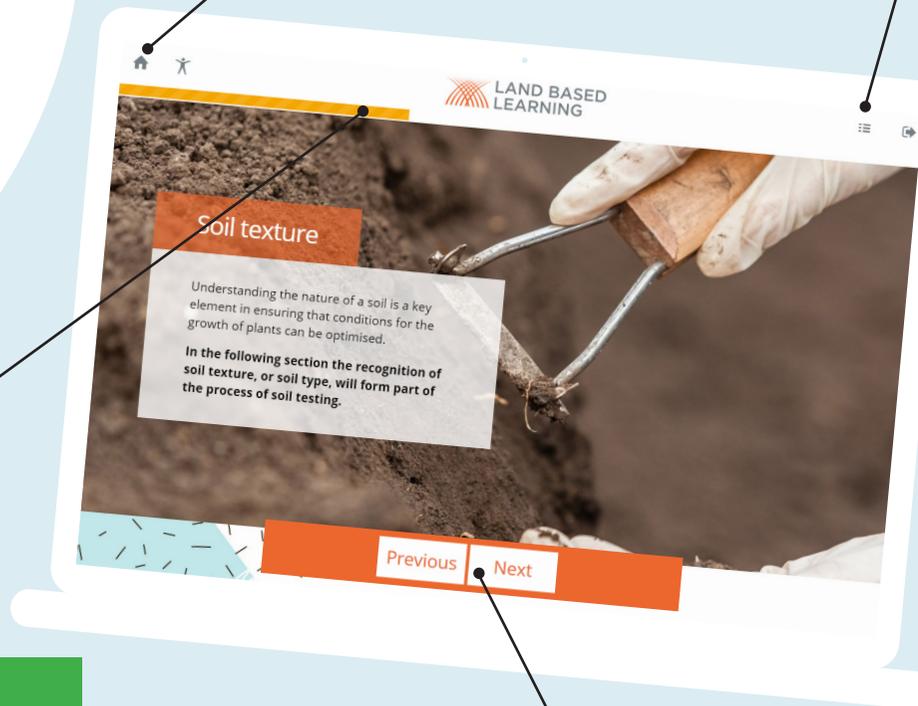
If you see a lock and cannot progress, click on the **Progress Bar** to see which components have been completed (orange rectangle) and any which you may have missed (white rectangle).

If you click on a rectangle you will be taken to that component to complete the action or activity, following which, you will be able to proceed.

To return to the menu screen, click or tap the home icon.

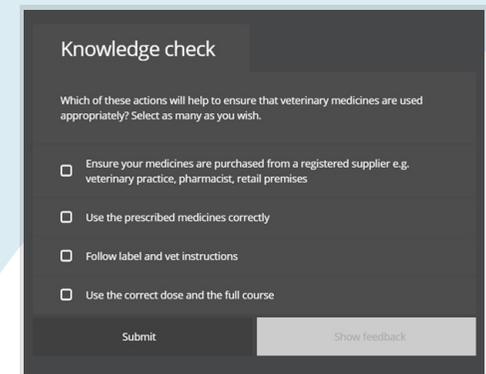
To access additional resources, click or tap on the hamburger icon.

To exit the course at any time click the exit icon. Your progress will be saved. You can access the course again through your coach secure area.



Once you reach the end of each section, the 'Next' button will appear and you can then progress.

In order to move on to the next Module, you will have to successfully answer all of the Knowledge Check questions.



Activities

Throughout the Modules, you will be required to interact with various activities and videos. You will be prompted as you reach these components. In order to progress, you will need to interact with every element. This includes clicking images, icons or arrows and answering questions.