

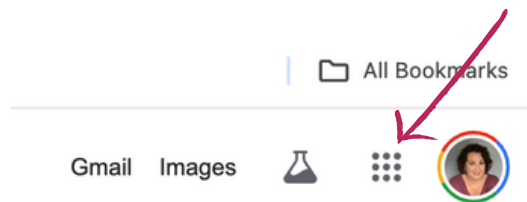
How to Submit a Video for Feedback

Your video should be about 30 minutes. It can include coaching sessions from 1, 2 or 3 clients.

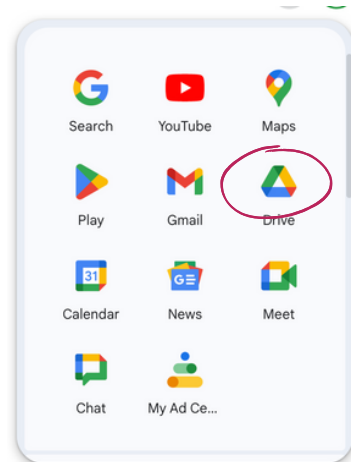
The following instructions assume that you have a **gmail account**. If you do not have a gmail account, please reach out to me directly.

Open a tab on your Chrome browser.

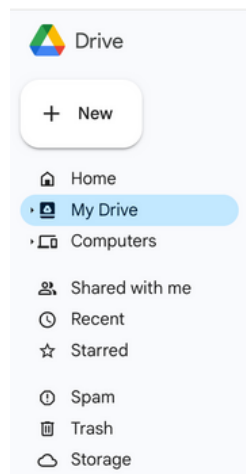
In the top right of your screen, next to your profile image, there will be a square of 3x3 dots. Click that dot-square.



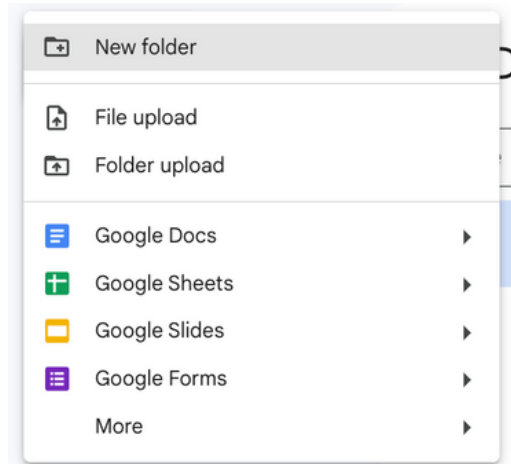
Select Google Drive from that menu.
(You may have to scroll down.)



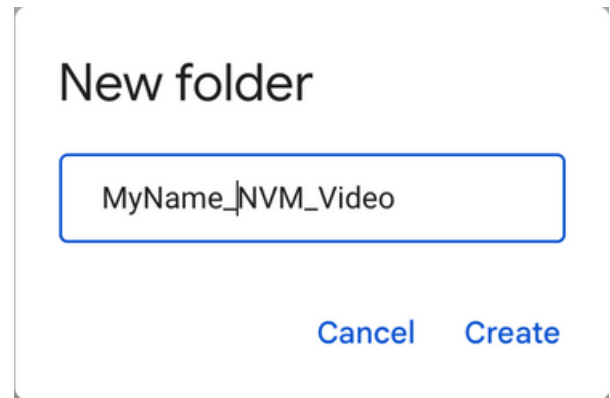
You'll see this on the left.



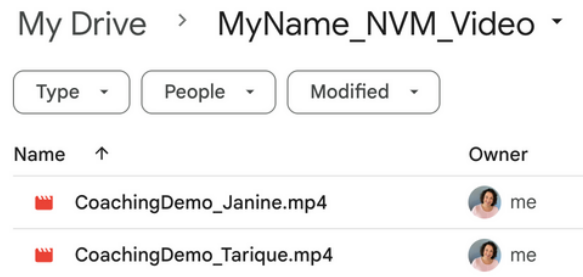
From the left menu, select “New” and then “New Folder.”



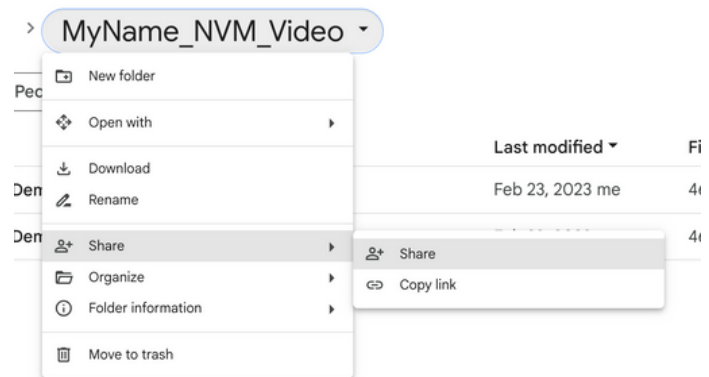
Label your folder and click “create.” (I’d appreciate it if you labeled it so I can find it easily. Beyond that, you do you.)



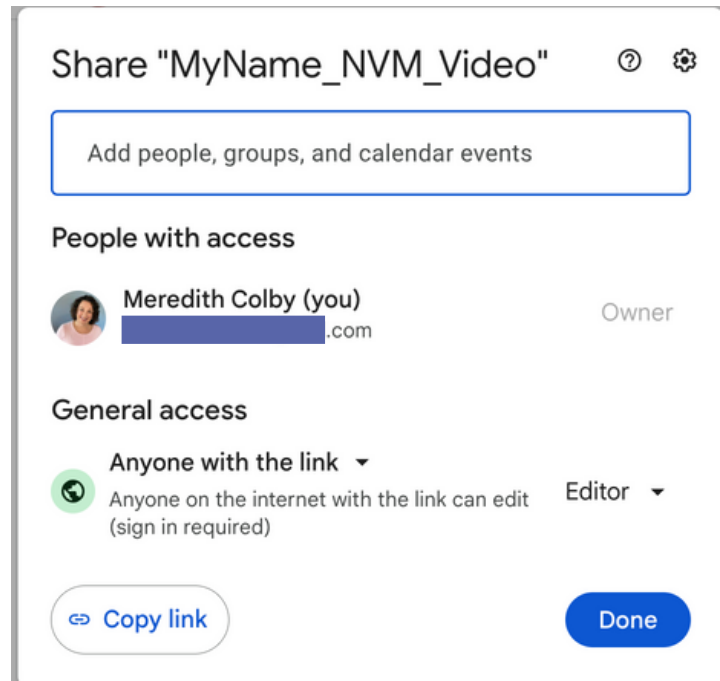
Now you have a folder. You just can drag your video into that folder.



Once you have the video in your folder, you can share it with me.



Please select “anyone with link” and “editor.” That way I won’t have to ask for your permission to open it.



You can then either copy the link and send it to me in an email, or you can fill in the space at the top with my email, MeredithColby@icloud.com.

I will confirm that I got your video. If you don’t hear from me, please follow up.