

1) Go to www.WakeUpCallCoaching.com and see this screen:



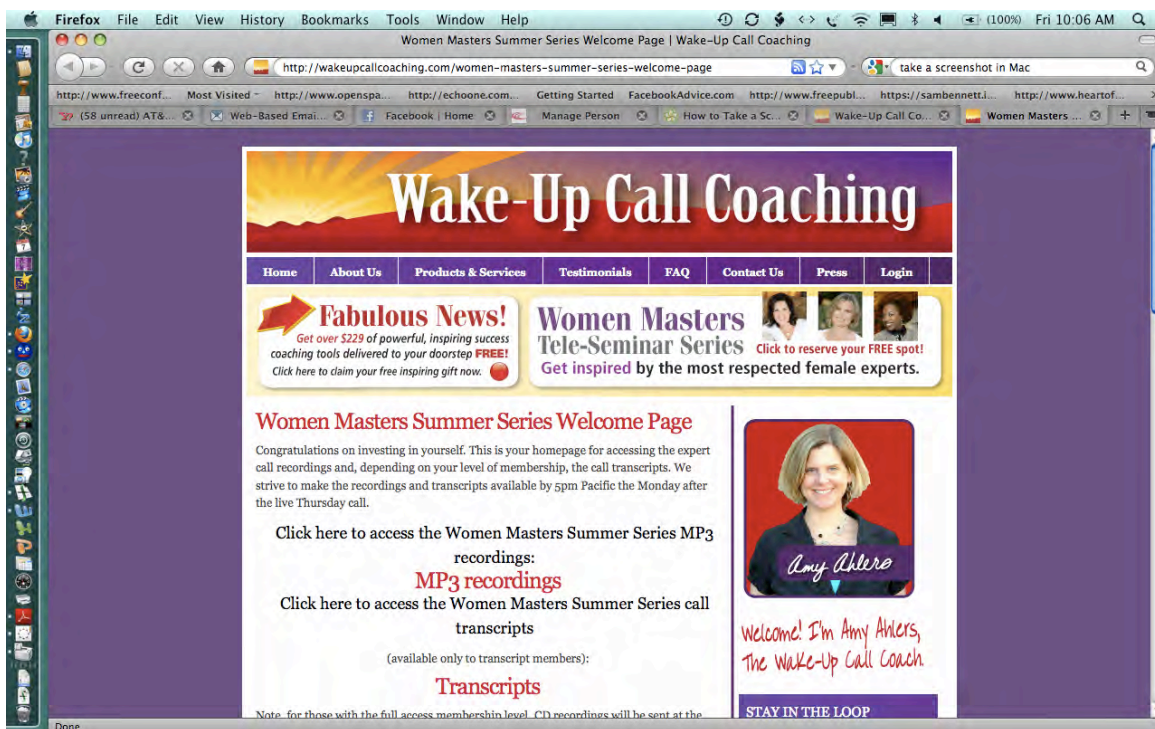
2) Click the purple tab in the upper right-hand corner of the screen where it says "Login" and see this screen:



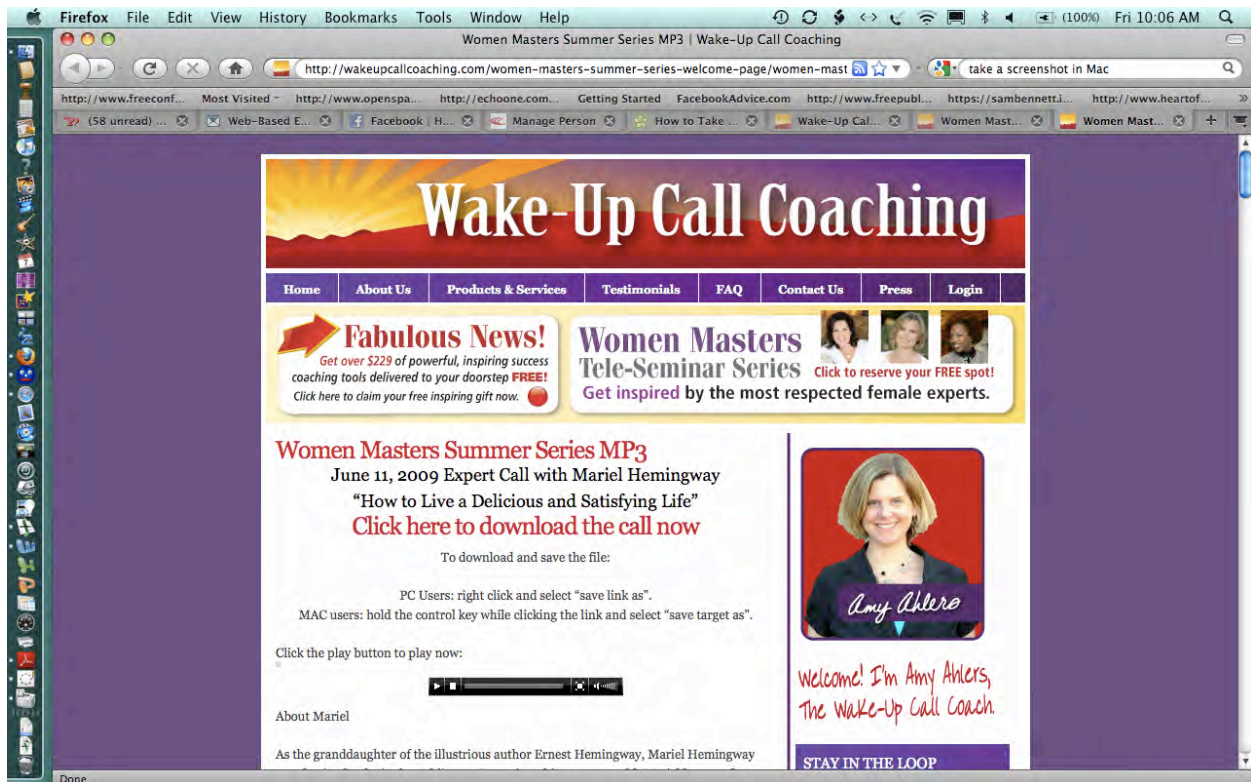
3) Enter your Username and Password and click the "Login" button and it will take you to the page below. (If you haven't created a Username and Password, please contact me at: admin@wakeupcallcoaching.com so I can send you the proper link.)



4) In purple, it says, "Please select from the options below" and you should click on the third one, where it says in red, "Click here for The Women Masters Summer Series (June 11th - July 30, 2009) which will take you to:

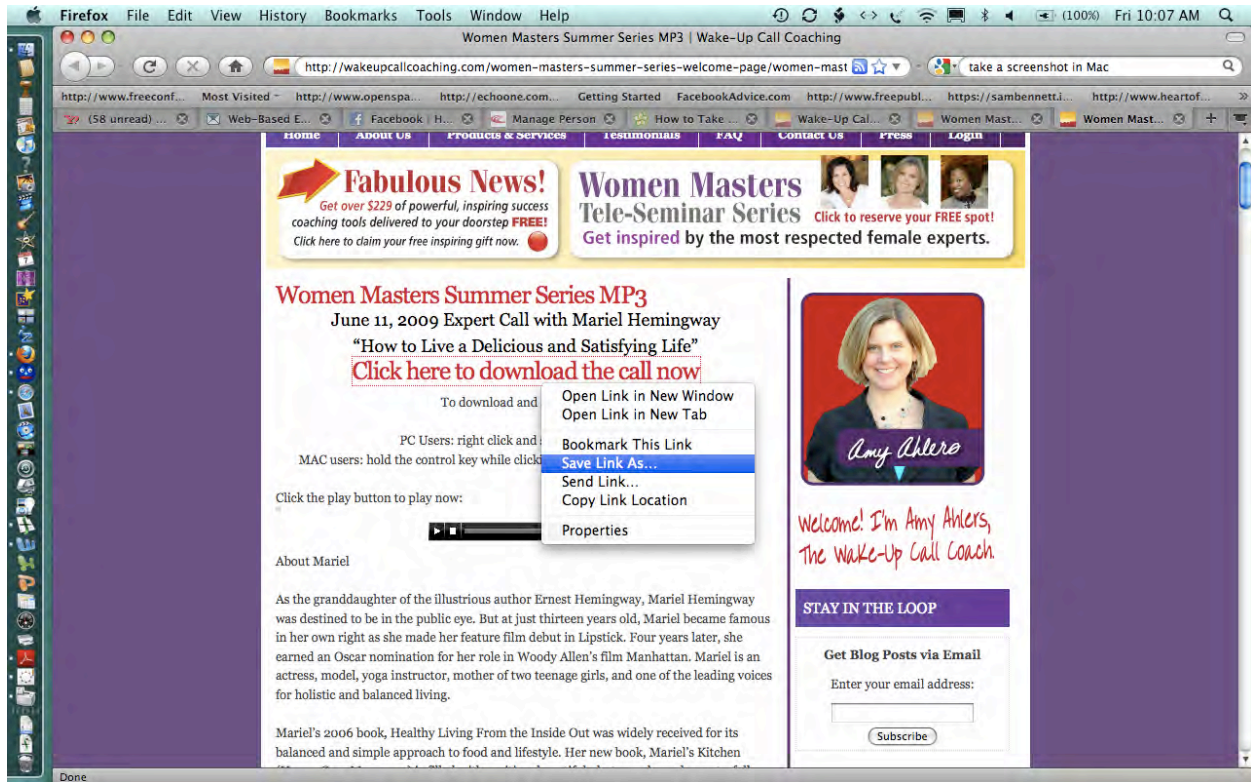


5) Click on where it says "MP3 recordings" in red, which will take you to:



6) The calls are listed chronologically, so the first call, Mariel Hemingway is on top, and the last call, featuring Amy and I, is all the way down at the bottom of the page.

- To listen to Mariel's call, just click the "play" arrow on the little black player.
- To download Mariel's call, click on where it says in red "Click here to download the cal now."
 - If you have a PC, then right click and select "save link as" (sorry - I don't have a PC, so I can't show you what that looks like :(
 - If you have a Mac, then hold the "control" button while you click and you'll see this:



Select "Save Link As" and your download window will pop up and you can tell it where you'd like to save the file. I usually save it to my desktop, so it's right where I can see it and remember to listen to it, then once I've listened, I move it to a file.

Sometimes I'll copy the file into iTunes so I can listen on my iPhone. But that's just me.

I hope this helps - please don't hesitate to give me a call on my cell: 1-818-468-0540 if I can be of any further assistance.

Best,
Sam