

Hello Wise One,

Welcome to 'From Overwhelm to Ease' online school.

In order to receive important updates and informative messages from your teacher, Maria Cook, you will need to walk through the steps to 'OPT IN' to receiving these email notifications. It's important to 'OPT IN' so that you do not miss an update regarding the content in your Healing Oil Collective courses.

How to 'opt in' for emails

1. Navigate to your Profile. To navigate to your profile, click your icon located in the top-right corner of any page.
2. Click Edit Profile from the drop down menu
3. Now you are on the Edit Profile page. Please click the option box next to the notification that says:

I agree to receive instructional and promotional emails from Food For Your Wild Soul.

Don't be put off! There won't be promotional emails coming, but I do want you to be sure to receive any instructions that you need.

After you have made this selection you may exit the page and you are all set to receive updates!

*Note: I have also attached an image that shows how to locate your profile icon.

Thank you and Enjoy the course!

I wanted to share some important information and resources concerning the app used for all the online classes with Food For Your Wild Soul on [Teachable.com](https://www.teachable.com) or on the app.

I suggest downloading and saving this but you can also google your question as Teachable has lots of resources. The best way to handle problems with your password, login or billing is to review this information first and if you cannot resolve the problem then open a support ticket directly with teachable. If you have problems with any content then please contact maria@healingandmore.com

CHANGING YOUR PASSWORD OR PROBLEMS LOGGING IN:

<https://support.teachable.com/hc/en-us/articles/219852767-I-Can-t-Log-In>

CHANGING YOUR CREDIT CARD

1. Login to your teachable account and either click on your picture or on the drop down menu that states "teachable profile"
2. Click on billing. Here you can change the credit card you use for any of the courses you are enrolled in.
3. Make sure you mark which card is your preferred method of payment. Otherwise you may experience problems.

PAYMENT OPTIONS FOR STUDENTS

<https://support.teachable.com/hc/en-us/articles/222836608-Payment-Options-for-Students>

TEACHABLE GUIDE FOR STUDENTS:

<https://support.teachable.com/hc/en-us/articles/115000359807-Using-myTeachable-Guide-for-Students>

HOW TO GET HELP/OPEN A TICKET WITH TEACHABLE:

1. Login to your teachable account and access your profile. Click on help and open a ticket. You can also directly email support@teachable.com.
2. Issues to contact Teachable about directly include billing and payment problems, access to content, password or login problems. Keep in mind that Teachable is the only one who can access the backend to see this information. Tiffany is unable to fix or view credit card or password information.