

Whole-Food Plant-Based Lifestyle Club

A-B-C
How-to guide?



Basic 8-Step guide to sign up on CH and to Listen-in!

B. Nair
August 2021



Join our Club: Whole-Food Plant-Based Lifestyle 🏠

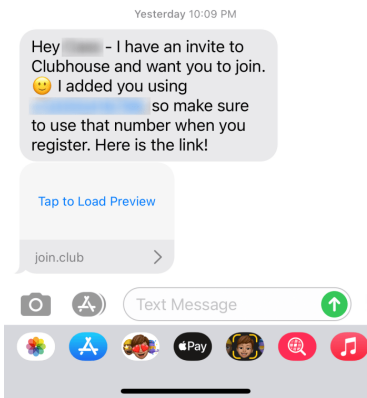
Click on this link to join... <https://www.clubhouse.com/club/whole-food-plant-based-lifestyle>

A. How to join the Club?

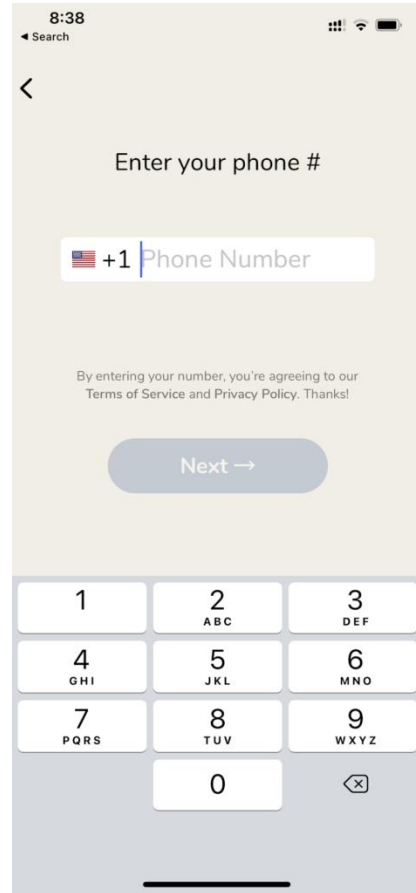
1. Download App from AppStore or PlayStore and click on link to sign up!

or

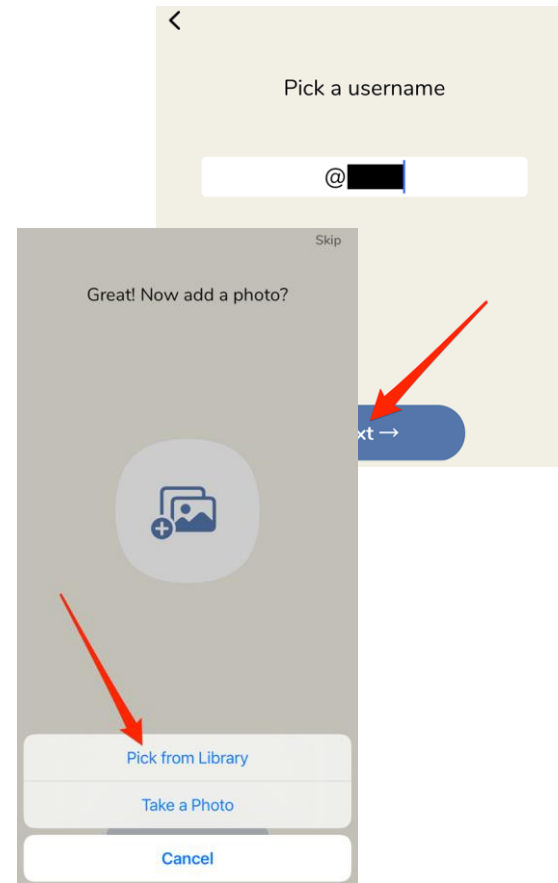
Click on link in Invite SMS you've from your contact:



2. Enter Your Phone Number & follow on-screen instructions



3. Choose a Photo + Username & follow on-screen instructions



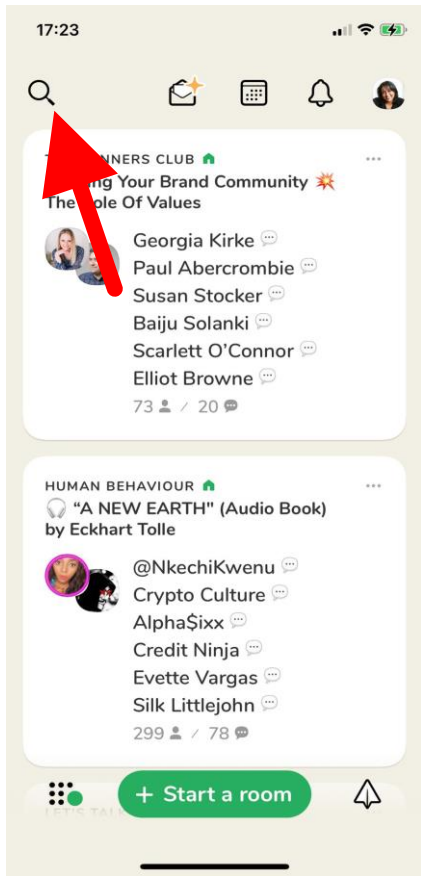
4. Now click on the link below and Join the Club!

Click on Club Link:
<https://www.clubhouse.com/club/whole-food-plant-based-lifestyle>

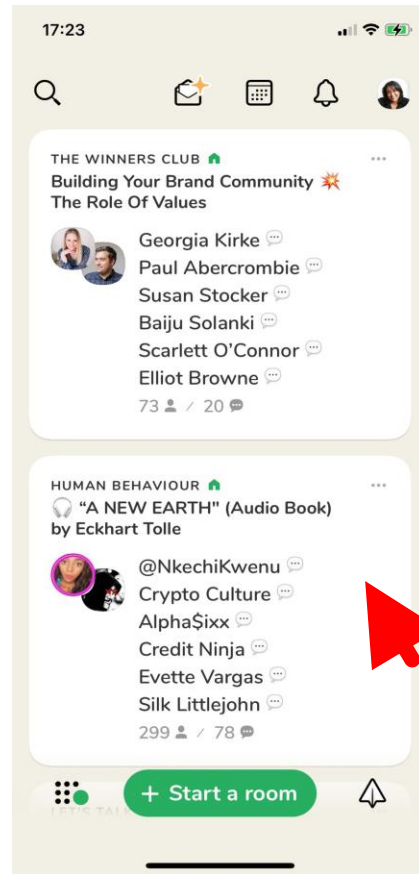
NOTE: Wait for approval from Clubhouse on text... You're now signed up!

B. How to join a room to listen?

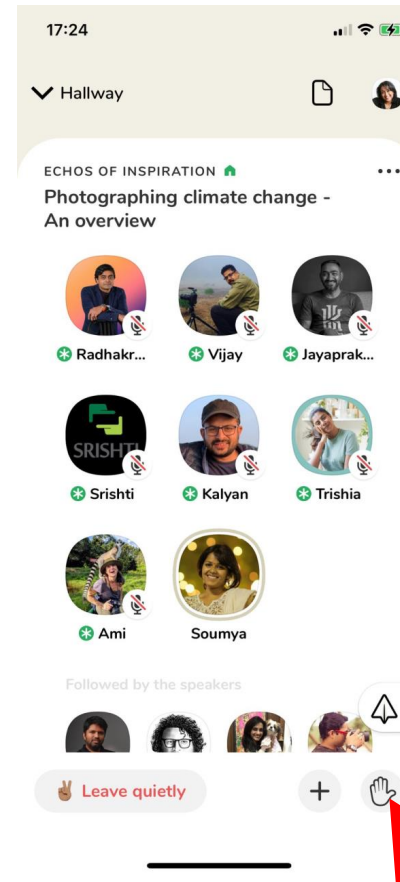
5. After sign up, Search for one or chose the room from for Whole Food Plant Based lifestyle club!



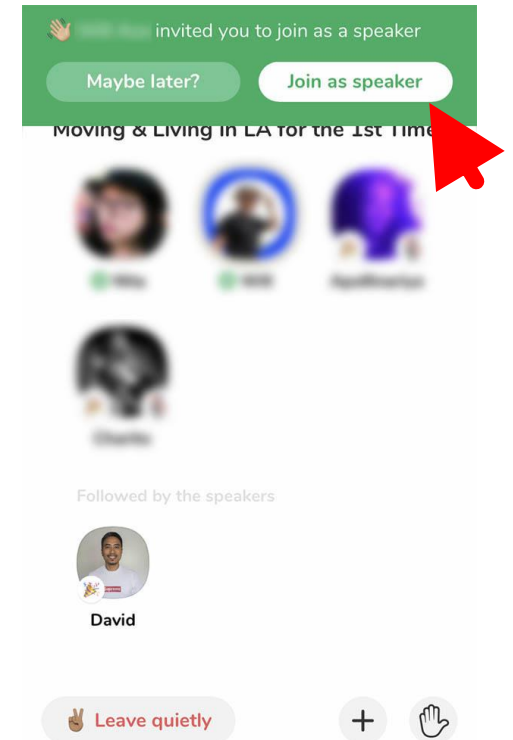
6. Enter room by clicking on it, and you will join as a Listener.



7. If you want to speak, raise your hands by pressing the hand icon at the bottom of the screen!



8. If you see the 'Join as speaker' request, accept it, and you will join as a speaker!



NOTE: Wait for moderator to respond to your raised hand and invite you to speak ... and don't forget to accept it!

C. How to use your screen?

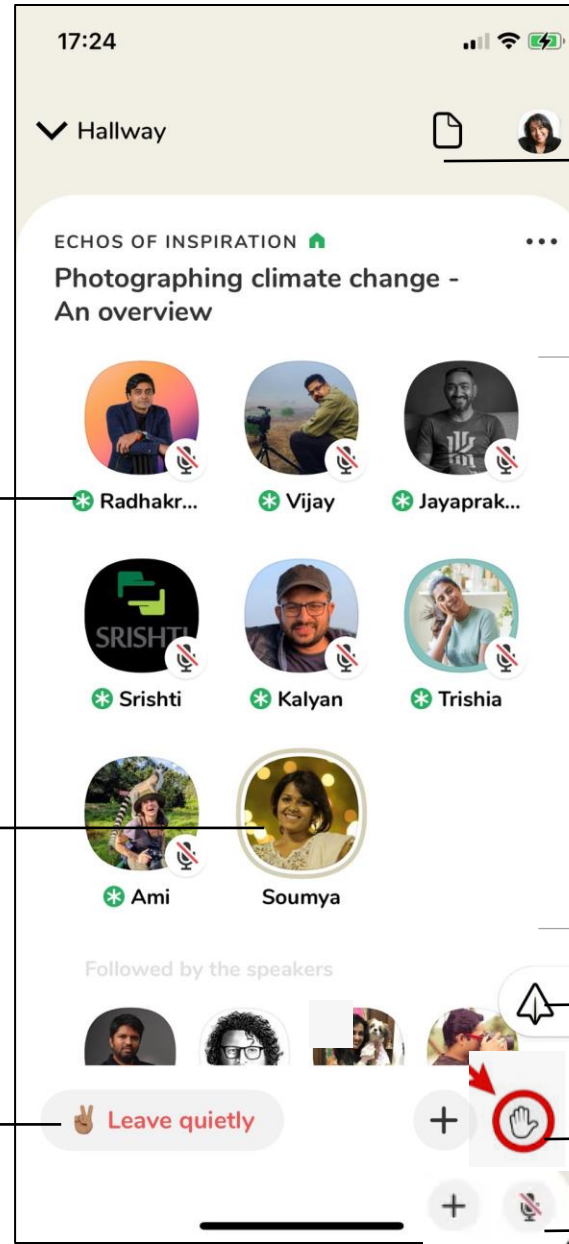
Three Key Roles in any CH room:

1. Moderators – see top of screen
2. Speakers – see top of screen
3. Listeners – see bottom of your screen

Moderators are shown with GREEN stars

Active speaker has a grey flashing border

Press *leave quietly* to end session



You

TOP TIPS/RULES:

- When not speaking **Mute your mic**
- **One voice at a time**, wait for your turn
- **Speak clearly into your phone's mic**, not handsfree

Moderators & Speakers

(To see **listeners**, scroll to the bottom of your screen)

Backchannel

Raise Hands to Speak (as a Listener)
or
Press/Depress to Speak (as a Speaker)