

## Seating arrangements

Please use a desktop or a laptop for online sessions

For couples:

It is important that I can see both of you on my screen.

1. Sit together on a couch and
2. Place your computer on a table facing both of you at a distance where both of you are easily shown on the screen.
3. Turn the volume up on your computer.
4. Please reduce background as much as possible.
5. Turn off other electronics.