



The EGO Tamer®  
**ACADEMY**



## Orientation & Introduction to Your Coaching Program

**Welcome fellow EGO Tamer!** We're so happy to have you as part of our family at The EGO Tamer® Academy. We're doing our best to keep everything as simple as possible for you so that you can enjoy the journey and keep your attention on taming the EGO and experiencing more peace and prosperity in your life.

*So, let's get started.*

To access your coaching program you can click on the link below:

[www.TheEGOTamerAcademy.com](http://www.TheEGOTamerAcademy.com)

When the page opens, **enter your user name and password** into the login form on the upper right-hand side of the page. *(We know one of the first things you'll probably want to do is change your password. Don't worry...those instructions are included a little later in this introduction. ☺)*



Login to Your Program

You are not currently logged in.

Username:

Password:

Remember Me

» [Lost your Password?](#)



Individual Coaching



Small Group Coaching



Live Events



# The EGO Tamer® ACADEMY



## Welcome to Your Homeroom!

After logging in, this is the page you'll land on. We call it your "homeroom." Your homeroom is the front door to everything you need access to in the program.



[Our Programs](#) [About Us](#) [The EGO Tamer® Tapping \(TETT\) Technique](#) [Products](#) [Home](#)



Diamond Member

### Announcements

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[Share A Testimonial](#)

### Quick Links

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[Book a Session with Jan](#)  
[Teleclass Basics](#)  
[Current Time at TETA](#)  
[TETA Home Page](#)

Hey Michael!

### Welcome to your Diamond Coaching Homeroom!

This is the first page you'll see each time you log into The EGO Tamer® Academy. Simply click on one of the icons below or one of the options in the *Quick Links* menu on the left-hand side of this page to access all of the other "rooms" of your coaching program.



## Module One Lessons "TETA Basics"

Below is a list of your current and upcoming training sessions for Module One of your Diamond Coaching Program. You'll receive one session per week for the first 24 weeks in this program. As they become available, you'll be able to click on that session's link to view the session and its related materials. Enjoy!

### TETA Basics Video Session 24

TETA Basics Video Session Twenty-Four: "The Power of Gratitude" Click here to download / print your self-discovery worksheet for this session. A special thanks to my Emerald Live group for modeling this FUNtastic session! Track #1: Meditation (6:38) Just click on the play button below to listen! <https://www.theegotameracademy.com/audios/TETABasics/Lesson24-Gratitude-Meditation.mp3> To download a copy of this [...]

Posted in [TETA Basics Lessons](#) | [Comments Off](#)

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## Module Two Lessons



Below is a list of your current and upcoming sessions for Module Two of your Diamond Coaching Program. These lessons start at week 25 of your program. Each week, as they become available, you'll be able to click on that session's title to view the session and its related materials. Enjoy!

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TETA Module 2 - Session 23 "HATS Part Three" Here are the references I mentioned in the video. Just click on an image below to visit its website! Let us celebrate your experience with you! Would you share your thoughts and insights about this session with us? I reply to every comment that [...]

Posted in [TETA Module Two](#) | [Comments Off](#)

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# OK! Let's have a look around.



The EGO Tamer®  
**ACADEMY**



On the left-hand side of the page is our column logo. If you click on it, it will take you back to the home page for The EGO Tamer® Academy ([www.thegotameracademy.com](http://www.thegotameracademy.com)).

*Please note that screenshots in this document are for instructional purposes only.  
Your homeroom and session pages may look slightly different.*

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## The Coaching Program Indicator

Below our column logo, the first thing that you'll see is the indicator for the coaching program *YOU* belong to.

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[Our Programs](#) [About Us](#) [The EGO Tamer® Tapping \(TETT\) Technique](#) [Products](#) [Home](#)

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If you click on the coaching program indicator (*the gem*), it'll bring you back to your homeroom page from any other page at The EGO Tamer® Academy while you're logged in.



The EGO Tamer®  
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Below the *Coaching Program Indicator* you'll see...

## Announcements

Make it a habit to check for new announcements whenever you log into our coaching program. This is where we provide you with up-to-date information on lessons, schedules and other important information related to your coaching program.



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Next you'll see...

## Quick Links



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Each of the quick links takes you to a different "room" or to information related to your lessons and coaching program features.





- **Your Homeroom:** This page is the “front door” to everything you’ll need access to in the program.

The homeroom page also contains the titles and links to your *active* lesson pages. Once a lesson is “live” it will automatically appear on your homeroom page and all you need to do is **simply click the Lesson Title link** and it will take you directly to your lesson and the handouts and bonus materials that go with it.

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The screenshot shows the user interface of The EGO Tamer Academy. At the top, there is a navigation bar with links for 'Our Programs', 'About Us', 'The EGO Tamer® Tapping (TETT) Technique', 'Products', and 'Home'. The main content area is titled 'Hey Michael!' and 'Welcome to your Diamond Coaching Homeroom!'. Below this, there is a message: 'This is the first page you'll see each time you log into The EGO Tamer® Academy. Simply click on one of the icons below or one of the options in the Quick Links menu on the left-hand side of this page to access all of the other "rooms" of your coaching program.' The page is divided into two main sections: 'Module One Lessons "TETA Basics"' and 'Module Two Lessons'. The 'Module One Lessons' section contains a list of training sessions, with 'TETA Basics Video Session 24' highlighted by a purple arrow. The 'Module Two Lessons' section contains a list of sessions, with 'TETA Module 2-Session 23' and 'TETA Module 2-Session 22' listed. The sidebar on the left includes 'Announcements' (Introduction to TETA, Share A Testimonial) and 'Quick Links' (Your Homeroom, Book a Session with Jan, Teleclass Basics, Current Time at TETA, TETA Home Page).

The lesson pages will contain links to any pre-class handouts, videos, and audio mp3 recordings associated with the lesson. *(The audio recordings can also be downloaded to your computer or mobile device.)*

Clicking on the link for the **pre-class handout** will open a PDF document which you can save and print in preparation for the session.



## TETA Basics Video Session 1 – What is the EGO? / You Know the EGO, Right?

by Jan Luther |



 Diamond Member

### Announcements

[Introduction to TETA](#)  
[Share A Testimonial](#)



  **Click Here for this lesson's handout**

 **The EGO Tamer®  
ACADEMY** 

**Video Session One:  
What is the EGO?**

[www.TheEGOTamerAcademy.com](http://www.TheEGOTamerAcademy.com)



To view a session's video, simply click on the "Play" button and the video will start.  
(Make sure you have your speakers turned on so you can hear the audio portion.)



## TETA Basics Video Session 1 – What is the EGO? / You Know the EGO, Right?

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 **Click Here for this lesson's handout**

  
**The EGO Tamer®  
ACADEMY**

*Video Session One:*  
**What is the EGO?**

[www.TheEGOTamerAcademy.com](http://www.TheEGOTamerAcademy.com)



## Quick Links (continued)

- **Book a Session with Jan:** If you need additional coaching or a personal session with Jan, you can book that session by clicking on this link. As a student at The EGO Tamer® Academy, you'll enjoy discounted pricing and the ability to book a single session versus a package of three or six sessions.
- **Teleclass Basics:** If you've worked with Jan any in the past, you've probably participated in one or more of her teleclasses (classes held over the phone or via Skype). If you're not familiar with teleclasses (or just need a refresher on Jan's guidelines for teleclasses), you can click on the Teleclass Basics link and view information related to how she conducts them.
- **Current Time at TETA:** Our offices are based in the Charlotte, NC metropolitan area, so if you're not in the same time zone as we are, sometimes it's hard to keep track of what time our classes start (*especially when you throw in Daylight Saving Time changes* ☺). Clicking on this link will take you to a page that shows what time it is in our offices.
- **TETA Home Page:** Clicking on this link will take you back to the main/public home page for The EGO Tamer® Academy ([www.theegotameracademy.com](http://www.theegotameracademy.com)) – just like clicking on the column logo did.
- **Change Password / Profile:** (See...we told you this would show up. ☺) Just click this link to change your password. It will open a new window (shown below) that has several items related to your profile. The window shown on the next page should appear.



The EGO Tamer®  
**ACADEMY**



The screenshot shows the 'Profile' settings page. On the left is a dark sidebar with 'Dashboard', 'Profile', and 'Collapse menu' options. The main content area is titled 'Profile' and 'Personal Options'. Under 'Admin Color Scheme', there are six radio button options: 'Default' (selected), 'Light', 'Blue', 'Ectoplasm', 'Midnight', and 'Ocean'. Each option has a corresponding color swatch. Below this is a 'Toolbar' section with a checked checkbox 'Show Toolbar when viewing site'. The 'Name' section contains four text input fields: 'Username' (MLuther4, with a note 'Usernames cannot be changed.'), 'First Name' (Michael), 'Last Name' (Luther), and 'Nickname (required)' (Michael).

BY THE WAY, YES, YOU'RE WELCOME TO CHANGE THE COLORS AND YOUR PERSONAL INFORMATION, BUT **DO NOT, DON'T, UH-UH, NEVER UNCHECK THE SUBSCRIBE TO MAILING LIST OPTION.** That's like kicking yourself out of school. We don't want that.



If you scroll down to the bottom of the page, you'll see a field labeled **New Password** and a field labeled **Repeat New Password**.

The screenshot shows the 'About Yourself' profile page. The sidebar on the left has 'Profile' selected. The main content area has a 'Biographical Info' section with a text input field and a hint: 'Share a little biographical information to fill out your profile. This may be shown publicly.' Below this is the 'New Password' section with an input field and a hint: 'If you would like to change the password type a new one. Otherwise leave this blank.' Below that is the 'Repeat New Password' section with an input field and a hint: 'Type your new password again.' There is also a 'Strength indicator' button with a hint: 'Hint: The password should be at least seven characters long. To make it stronger, use letters, numbers, and symbols like ! " ? \$ % ^ & .'. At the bottom of the form is a 'Log Out of All Other Sessions' button with a hint: 'You are only logged in at this location.' At the very bottom of the form is an 'Update Profile' button.

Enter your brand spankin' new password into both of these fields and then click the **Update Profile** button. Once you're done, simply close the window and you'll be back in your homeroom. **TA DAH!**

## Logging Out

At the very bottom left hand side of the page you will see a section that shows your login status. You'll only see this when you're actually logged in. Under the status are two links – **Membership Details** and **Logout**.

- **Membership Details:** Clicking on this link will take you to your membership profile (just like clicking on the Change Password/Profile link we mentioned earlier). If you click on this link, you can return to your homeroom page by using the Back button in your browser.
- **Logout:** This link does exactly what you'd think it does. It logs you out of your coaching program.



## Emails from Us

You may receive periodic emails containing information related to your membership. We promise not to spam you. To ensure that you receive these emails, please add **aweber.com** and **janluther.com** to your email program's safe senders list.

And, as a final note, we've tried to cover all the basics of navigating your coaching program. If there's something we've missed or you need more information about using the website and its contents, don't hesitate to shoot us an email at [michael@janluther.com](mailto:michael@janluther.com) . We'll respond as quickly as possible with the information you need.

HuGs,

*Jan & Michael*