



## Using Facebook

We now use secret Facebook groups with our programs, instead of an online forum because it is a way we can maximise simple interaction, inspiration and education around the program you have chosen.

We realise that Facebook isn't for everyone but there is not a better functionality out there that enables us to do what we want to do.

To make it work for everyone, we have various ways we can help those of you that a) don't like Facebook and don't want to get caught up on Facebook by being part of our group and b) don't want to have a 'normal' Facebook account that means others can find you on Facebook.

Please read the following information so you can decide whether to join our group (or join Facebook to access our group) and as always, please ask us questions at [info@janeyholliday.com](mailto:info@janeyholliday.com)

Please remember that because our Facebook groups are secret, no one can search Facebook and find our group, nor see who is part of our group and of course not find or see any posts or comments made in the group.



If you already have a Facebook account and are happy using it:

1. To access our secret Facebook group you must be friends with me! Please invite me to be your friend on this link -

<https://www.facebook.com/janey.m.holliday> I will then accept your friendship, invite you to the group and after that you are more than welcome to de-friend me, or you can remain my friend!

2. Once invited in, you can post, respond or observe the posts from me and the group
3. PLEASE ENSURE you post your posts on our secret group NOT your own personal feed. To ensure you are doing this, as you're posting the Facebook group banner for your bootcamp must be directly above it!



If you already have a Facebook account but don't like using it:

1. Please follow the instructions above.
2. Then, if you have an iPhone, please ensure you download the Facebook Groups APP. This means you can access our Facebook group WITHOUT getting tempted to look and get caught up in your main Facebook feed!



If you don't have a Facebook account, don't want to use Facebook generally, but would like to access our secret group:

1. Set up a NEW email address (just for the purpose of setting up a secret FB account). For example, if your email address is [helenbrown@hotmail.com](mailto:helenbrown@hotmail.com), do NOT set up Facebook with this email because Facebook will connect you to people who have used this email. Set up [janebrown@hotmail.com](mailto:janebrown@hotmail.com) and set up a Facebook account with this email. This means NO ONE you know will be able to find you on Facebook, nor will they be connected on suggested likes etc

2. Once you have your new email address, set up the Facebook account, perhaps with that different name. Instead of Helen Brown, be Jane Brown.
3. Do NOT upload a profile picture. That way you will be 100% anonymous!
4. Then follow the first set of instructions above, i.e. invite me to be your friend and I can invite you to the group.
5. You can of course become friends on Facebook with some of our bootcamp group should you wish, but when set up this way, your usual / normal contacts, friends and family will not know it is you.

If you have any questions- please get in touch!

*Janey<sub>x</sub>*