



## Getting started in My Quiet Cave Online

**How to log in:** To sign into your account anytime, simply go to [myquietcave.org](https://myquietcave.org) and click “[LOG IN](#).” You can also save this direct link in your browser for faster access: [connect.myquietcave.org](https://connect.myquietcave.org).

**Member status:** Everyone starts out with basic Member privileges. Facilitator training courses are only visible when you have been approved as a Facilitator-in-Training (see below). Upon completing your training, your status will be updated to Approved Facilitator with access to additional resources.

**Explore:** First, take some time to explore the pages on your own. Notice what information is on your home page (dashboard). See if you can find your profile. Browse the groups and resources pages as well. *(Please note, the connections page is a mentorship option that is still in development.)*

**Update your profile:** In the top right corner, click your name and choose “My Profile” from the drop-down menu. Personalize your profile with the following:

- Upload your photo
- Update your time zone (very important for Zoom meetings)

**Request facilitator training:** Follow these steps to get started.

1. Click on your profile
2. On the top right, click the BECOME A FACILITATOR button
3. Please allow 1-2 business days for approval
4. When you receive your approval email, log into your account and click RESOURCES at the top of the page
5. Find the course titled “My Quiet Cave Facilitator Training” and click ENROLL

For technical support, please contact  
[admin@myquietcave.org](mailto:admin@myquietcave.org)