

Hello, welcome to FED Online.

In this short video, we will show you how you can navigate your way around FED Online and how you can get the best out of it.

Once logged in you will see **My Dashboard**. The materials come in an Introduction and 15 parts, each covering a major aspect of FED.

To access each section, click on the title icon. This will take you to the features in that particular part. For each one, there is a short video and the relevant section of the book 'Leadership Plain and Simple' in text and audio. Within each video there are practical exercises and questions to explore. There are **Articles** to read, and also **Quotes and Questions** to stimulate your thinking.

Once you have completed the part, you will see this screen, which shows you the parts you have visited and the parts you are yet to visit. This will allow you to easily come back to Fed Online at any time and just pick up where you left off.

There is a '**Space for your notes**' section, and also a **Forum** where we encourage you to have a chat about the concepts and ideas we introduce to you.

Start now by watching the **Welcome Video** in the **Introduction**, and especially read the '**How you can get the most from what's here**' section.

Good luck on your FED journey, please contact us if you have any questions or want to share your FED experiences with us. Happy exploring.