

How to access the online learning videos

1. Go to <https://video.scottbradbury.co.uk/eastlothian>.
2. Click on the 'please click here to register' link. Please enter your name, **work** email address and create a password.
3. The location and phone number are not required. Then click 'create account'.
4. You will receive an automated email from angie.dean@scottbradbury.co.uk. Click on the link in the email to activate your account. You are then automatically taken to your WATCH & GO® site. This may take a few minutes to come through. Also check your "Junk Email" folder in case it has gone there.
5. To be able to watch the videos, click on the Available tab to change it to Enroled. Then you are ready to start viewing.



WATCH & GO® Custom-made Pathways

Wellbeing and Resilience at East Lothian Council

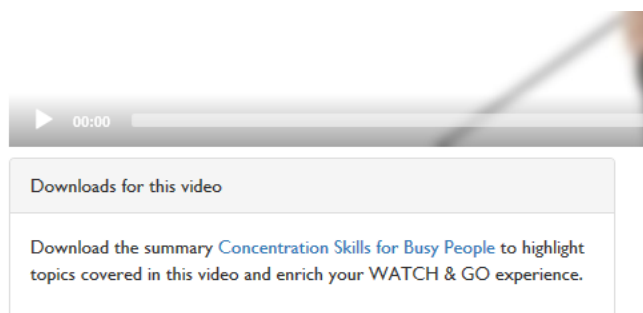
Enroled ▾

We're all working through unprecedented times as our lives change in response to the coronavirus pandemic. We've put this learning pathway together to highlight videos to help you, especially if you're working remotely from home. These short videos help you to maintain a sense of purpose and encourage you to manage the change in your life and focus positively on what you can do. Whether you need to concentrate in unusual surroundings or want to ensure your work is accurate (even when you're understandably distracted by what's going on), this pathway is designed to help you. Why not get into the routine of watching one video at the start of each day? They take just a few minutes to watch. We hope you find these videos useful. Don't forget to download the accompanying learning guides too.

[View Pathway](#) | [Watch next video](#)

Number of videos: 15
Videos per week: 2
Total viewing time: 55 minutes
Progress: 0%

6. You can download a useful summary guide of the video learning points. These are available at the bottom of the video screen.



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Downloads for this video

Download the summary [Concentration Skills for Busy People](#) to highlight topics covered in this video and enrich your WATCH & GO experience.

7. If you complete all the videos, you can print off a certificate. You don't have to do all of them. It is up to you.