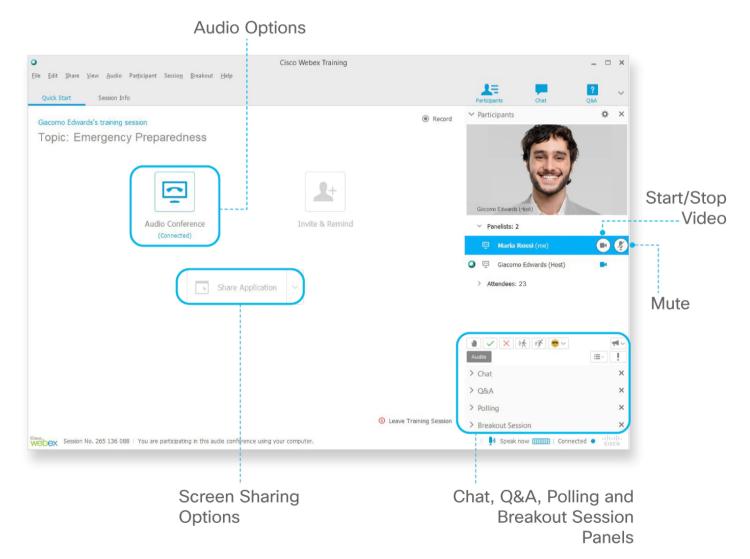# Get Started with Cisco Webex Training

Webex Training makes your online training programs more effective. You can deliver live, interactive sessions to students anywhere, and keep them engaged with hands-on training, tests, and breakout sessions to enhance their learning.

Join a Training Session

When you were invited to a training session, you received an email with instructions. Just click the link to join the session. Under Join Session Now, enter your name and email address, and then click Join Now.

💡 You might be asked to enter a session password. You can find this in your training session invitation.

The Webex Training user interface is simple. Training session options in the center and participants and other panels on the right.
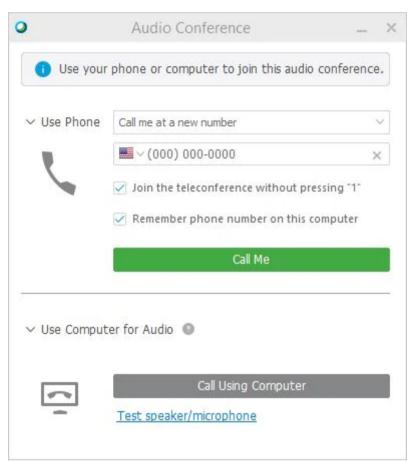
Connect to Audio

To connect to the audio during a Webex Training session, you can use your phone or your computer (with a headset).
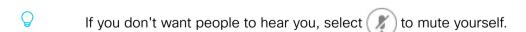
Go to and select the way you'd like to connect:

💡 To receive a callback at a different number, select an option from the drop-down list, then select Call Me.

Start Your Video

When you join a training session, your video is off by default. If you'd like others to see you, select to start your webcam. The button turns blue when your video is on.

💡 If you don't want people to hear you, select to mute yourself.

Change your mind and don't want to be on video? Select to stop your video for the training session. The button turns gray when your video is off.