

iRelaunch

YOUR RETURN TO WORK EXPERTS[®]

The tools and resources you need to return to work after a career break

www.iRelaunch.com

How To Follow & Rate Our 3, 2, 1 iRelaunch Podcast

New to podcast listening?

Check out our blog post to read a [quick primer for relaunchers on navigating the wonderful world of podcasts](#).

How to Follow

Following a podcast means that new episodes will automatically download for free to your podcast library on your smartphone as soon as they become available. When you follow your favorite podcasts, the app does the work for you - no searching for the latest episodes!

You can even choose to get notifications when new episodes of your favorite podcasts become available. But if you prefer not to, the new episodes that you've followed will quietly wait for you in your podcast app until you open it.

It's really as simple as heading to your podcast app on whatever device you are using and clicking "Follow Show" once you navigate to the podcast you want to follow (Google Podcasts has listeners "Subscribe" to its podcasts instead of "Follow" - but it's still free).

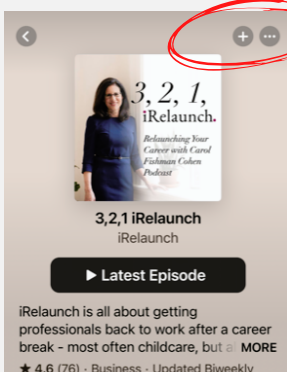
Please use the buttons below to follow 3, 2, 1 iRelaunch on your preferred podcasting app.



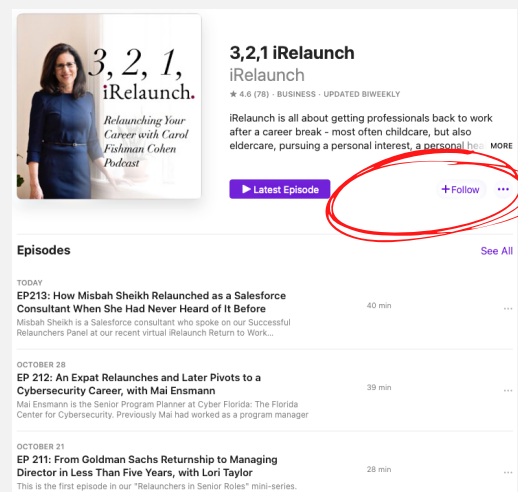
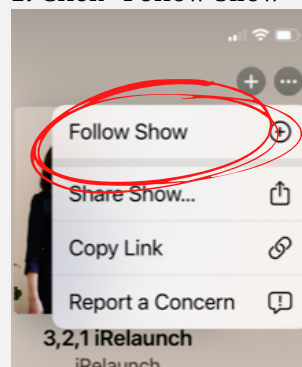
Following on an iPhone through the
Apple Podcast App

Following on Mac Computer through
the Apple Podcast App

1. Click the 3 dots in the top corner



2. Click "Follow Show"



How to Rate and Review on Apple Podcasts: iPhone or iPad

Help us reach more relaunchers by giving us a 5-star rating on Apple Podcasts!

Here's how...

- 1 Launch the "Apple Podcasts" app on your device. It's the app with this icon:



NOTE: If you can't find this app, swipe all the way left on your home screen until the search field appears. Tap it and type in "Podcasts." Apple's Podcasts app should show up in the search results below.

- 2 Tap the Podcasts app icon, and after it opens, tap the Search field at the top, or the little magnifying glass icon in the lower right corner.

- 3 Type the name of the show you want to rate (in this case, 3, 2, 1 iRelaunch) into the search field, and press the Search button.

- 4 In the search results, click on our show!

- 5 Scroll down the page until you see Ratings & Reviews.

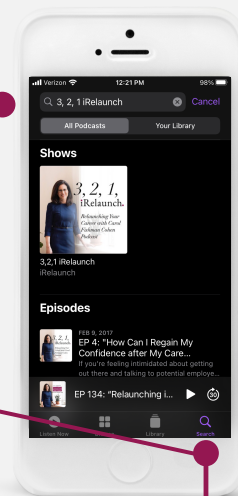
- 6 Tap the purple "Write a Review" link.

NOTE: You may need to log into Apple ID at this point. If so, enter your Apple ID password.

- 7 On the next screen, tap on the 5th star to the right. This is how you give the show a 5-star rating. **Don't forget to write your review of what you think about the podcast!**

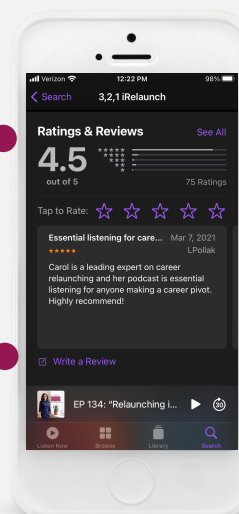
- 8 Next, press the purple Send button in the upper right corner of the screen. That's it!

Search field



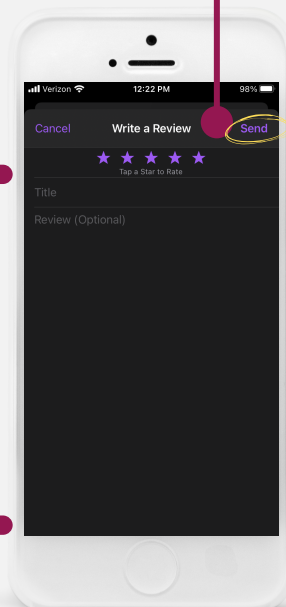
Search section

Review here



Rate here

Write review



Thank you!