

Instagram Account & Profile Quickie Set Up

Be able to set up your Instagram account & profile within 1 hour

What Is It?

An Instagram account is your account where you set up your profile and bio and then post updates, upload photos, share videos, connect with followers and follow others.

When Should We Use It?

To organically magnetize your tribe through engaging posts combined with hashtags. The posts that get the most engagement are in line with the soul brand essence, personality and mood board look and feel.

There are over **1 Billion people on Instagram** and there are **500 million active** users on there. Instagram has the highest engagement rates across all the different platforms.

Engagements 10 times higher in Instagram than Facebook.

It's the most effective social media platform for engagement and buying clients. 60% of users first heard about the product they bought on Instagram.

What Are Its Pros and Cons?

Pros: Easy, effective, fast, non-technical and free to use

Cons: Requires consistent effort to grow and flourish


soul to soul

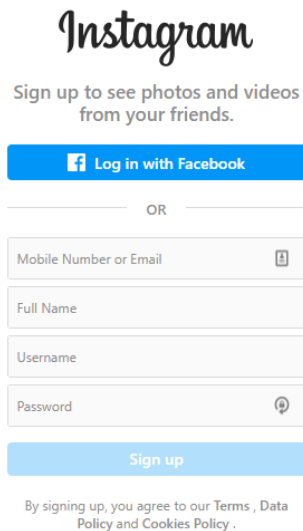
business & marketing
for therapists, coaches & healers

A. How to Set Up An Instagram Account From Your Phone

1. Download the Instagram app from the [App Store](#) (iPhone) or [Google Play Store](#) (Android).



3. Once the app is installed, tap  to open it.
4. Tap Sign Up With Email or Phone Number (Android) or Create New Account (iPhone), then enter your email address or phone number (which will require a confirmation code) and tap Next. You can also tap Log in with Facebook to sign up with your Facebook account.



Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.info. All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from www.vitalitylivingcollege.info. All infringements will be prosecuted.

soul to soul

business & marketing

for therapists, coaches & healers

4. If you register with your email or phone number, create a username and password, fill out your profile info and then tap **Next**. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.

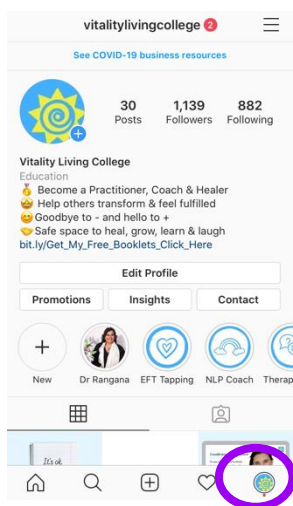
B. How to Set Up An Instagram Account From Your Computer

1. Go to [instagram.com](https://www.instagram.com).
2. Click **Sign up**, enter your email address, create a username and password or click **Log in with Facebook** to sign up with your Facebook account.
3. If you register with an email, click **Sign up**. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.

If you sign up with email, make sure you enter your email address correctly and choose an email address that only you can access. If you log out and forget your password, you'll need to be able to access your email to get back into your Instagram account.

C. Once Your Account is Set Up How to Set Up Your Profile

1. Go to your home page by clicking in the bottom right



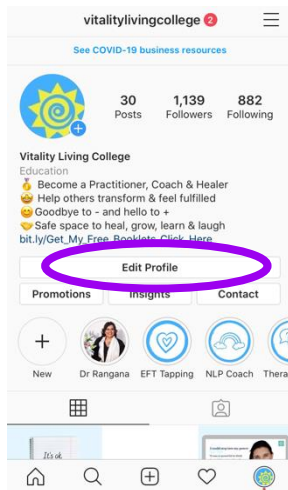
Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.info. All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from www.vitalitylivingcollege.info. All infringements will be prosecuted.

soul to soul

business & marketing
for therapists, coaches & healers

2. Then click on Edit profile



3. Fill in all the sections (Name, username, website, Facebook Page, Category, Profile Display & Action button) highlighted below:

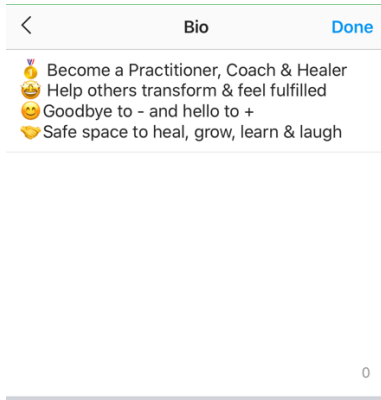
Cancel	Edit Profile	Done
Name	Vitality Living College	
Username	vitalitylivingcollege	
Website	http://bit.ly/Get_My_Free_Bo...	
Bio	👉 Become a Practitioner, Coach & Healer 😊 Help others transform & feel fulfilled	
Public business information		
Page	Vitality Living College >	
Category	Education >	
Contact options	Email, Phone >	
Profile display	None hidden >	
Action buttons	None active >	
Personal information settings		

Vitality Living College™ - Empowering Transformation.

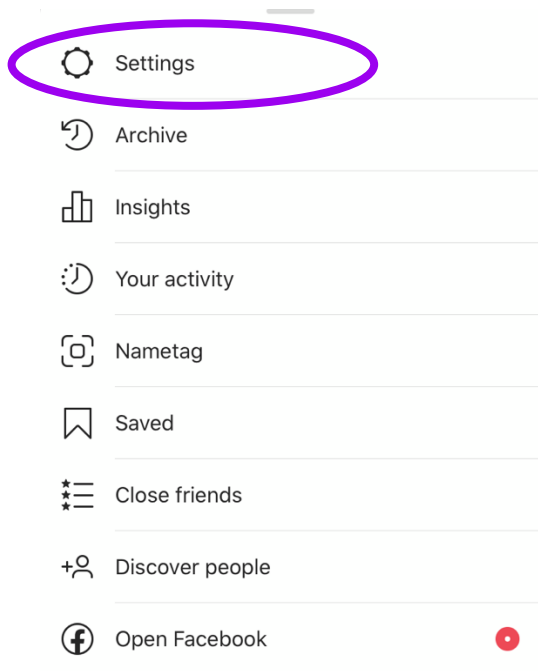
©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.info. All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from www.vitalitylivingcollege.info. All infringements will be prosecuted.

soul to soul
business & marketing
for therapists, coaches & healers

5. Then fill in your Bio by clicking on the Bio section:



6. Then click on the 3 lines on the top right hand corner which opens up a settings page.



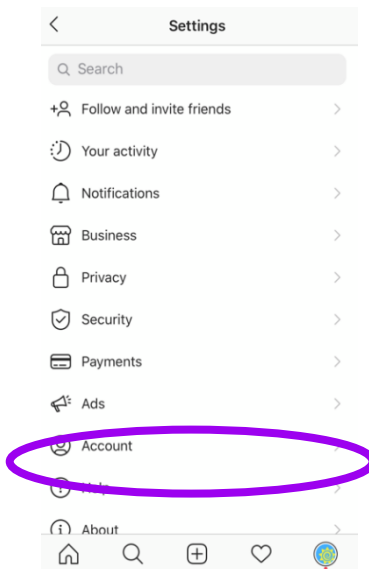
Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.info. All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from www.vitalitylivingcollege.info. All infringements will be prosecuted.

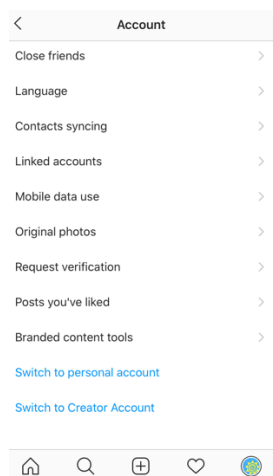
soul to soul

business & marketing
for therapists, coaches & healers

7. Then scroll down and click and account and set up your Instagram as a business account. All business accounts are public. This way you can access insights and connect with your Facebook Fan page.



8. Click on the blue sentences Switch to business account. If the blue sentences say switch to personal account or creator account, means that you have a business account.



Vitality Living College™ - Empowering Transformation.

©2020 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.info. All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from www.vitalitylivingcollege.info. All infringements will be prosecuted.

soul to soul

business & marketing

for therapists, coaches & healers

Resources

- The 18 reasons why Instagram is the best social media platform, <https://www.feelguide.com/2019/10/16/18-reasons-why-instagram-is-better-than-other-social-media-apps/>
- Get ideas from out Instagram accounts:
 - Vitality Living College, [more](#)
 - Rangana Rupavi Choudhuri, [more](#)
 - Soul to Soul Business, [more](#)