SMRC Directions to Change a User Password (for Trainer and/or License Holders)

From the SMRC home page (www.selfmanagementresource.com), login to your portal using your email address and password.

Once you are logged into your portal, hover your cursor over your name in the upper right corner. You will then see a dropdown menu with the options for managing your account. Click on Change Password.
You will then be taken to a page that looks like the screenshot below. REMEMBER, your new password must contain at least 1 uppercase letter, at least 1 lowercase letter, and at least 1 number. Click on Update Password at the bottom of the page to confirm your new password.