



# How to complete your **Mná** profile

In less than 15 minutes! 😊

## 1. Upload your profile picture

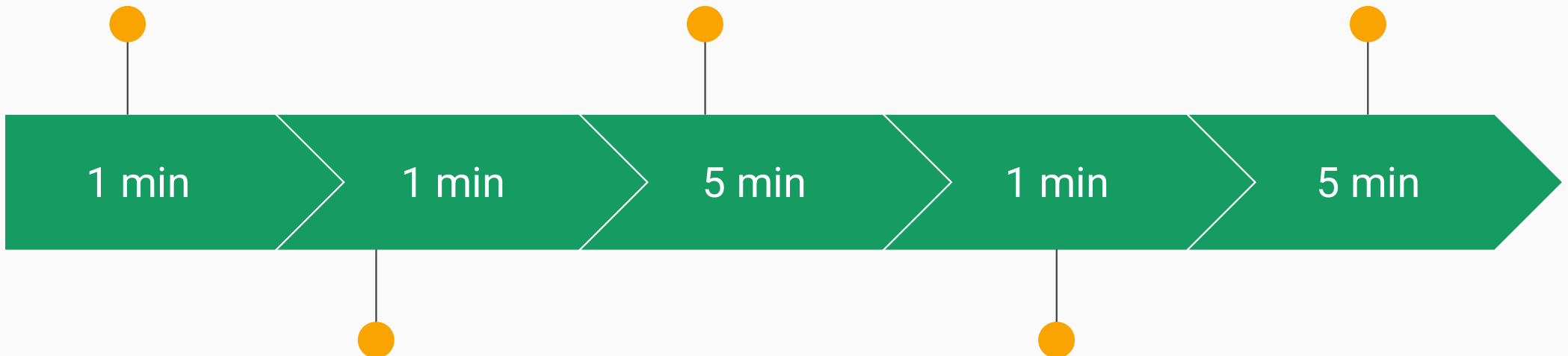
Most people recognize a face easier than a name

## 3. Add your details

City of origin, residence, short self introduction, etc.

## 5. Invite friends

that you see or want to reach out to



## 2. Upload a background picture

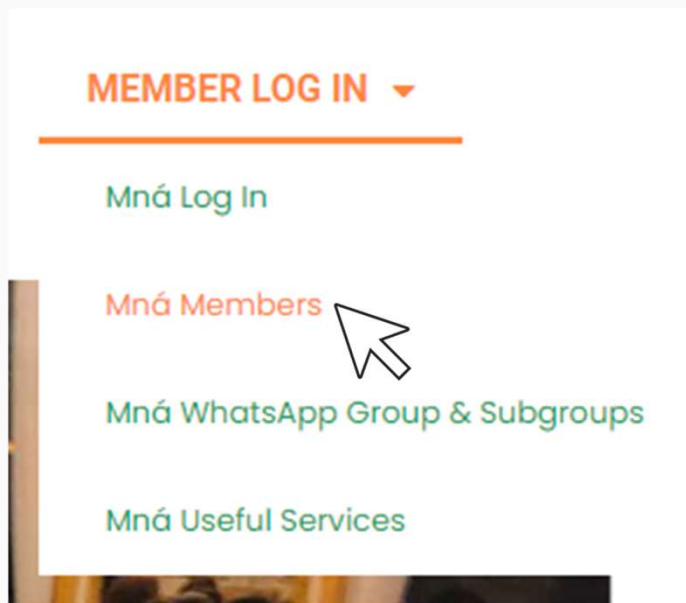
This could be something that resonates with you like a place, a monument, a logo, a flag, etc.

## 4. Choose who should see the information you add

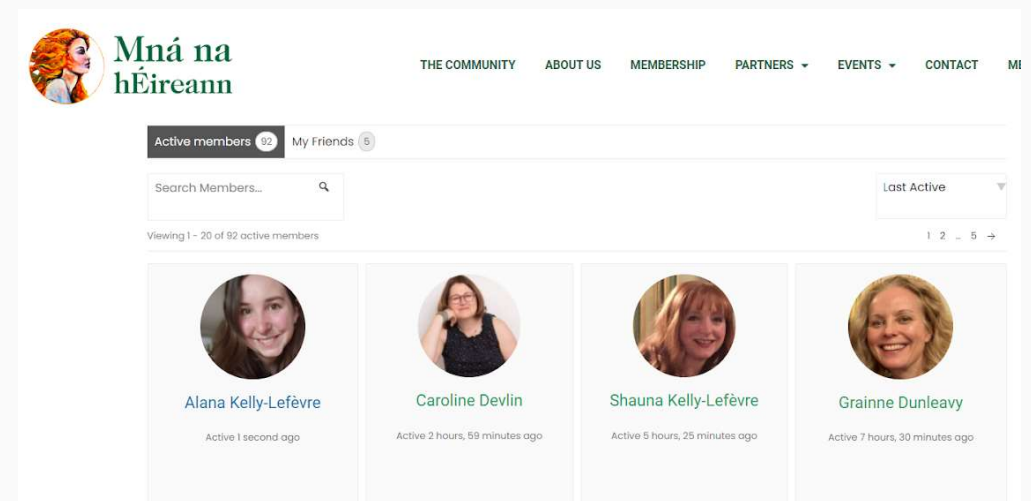
Everyone, friends, etc.

# First of all, access your profile

- Once logged in, go to the members list



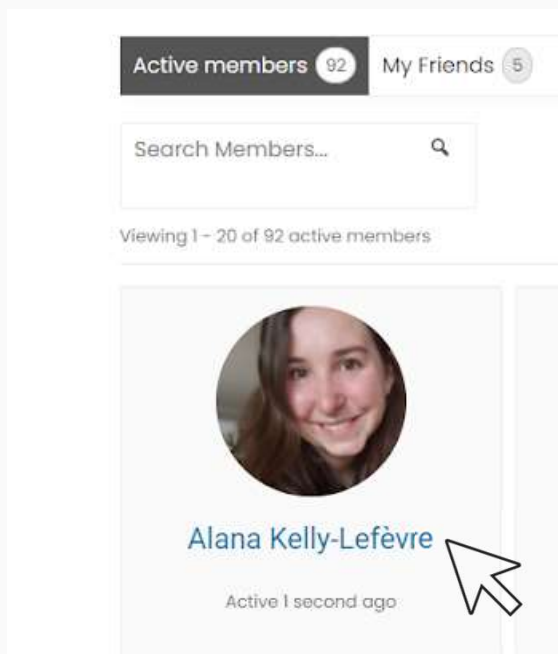
- In the members list, you will see Who's Who



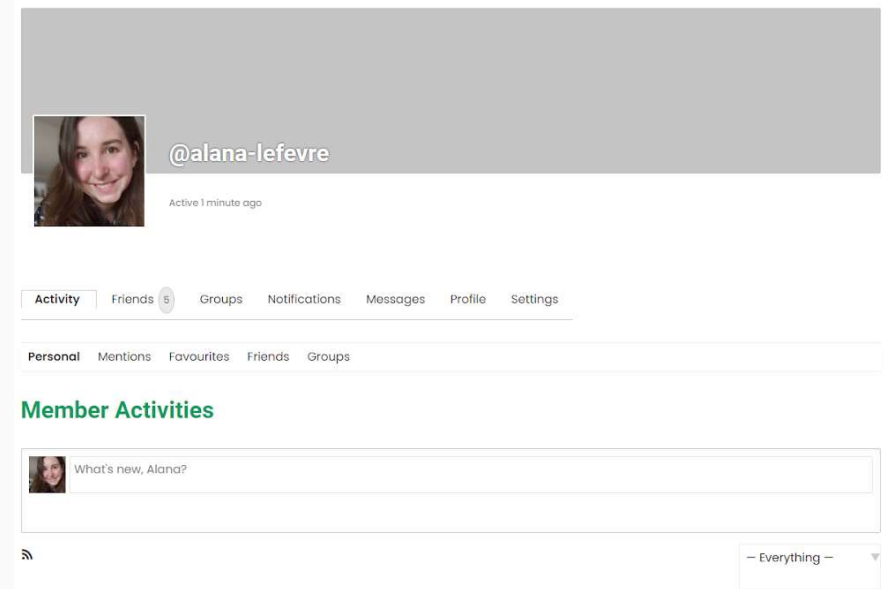
# The “Mná Who’s Who”

Easy, just click on your photo to go back a step whenever you need or to refresh page

- Click on your name



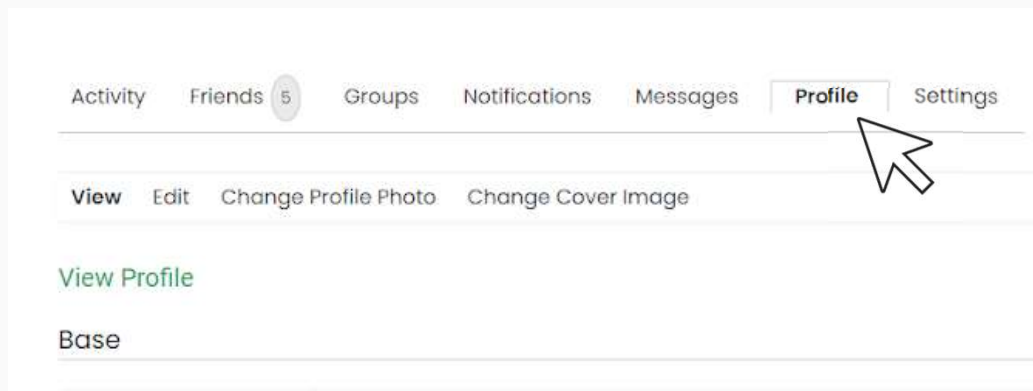
- And you will arrive on your profile page



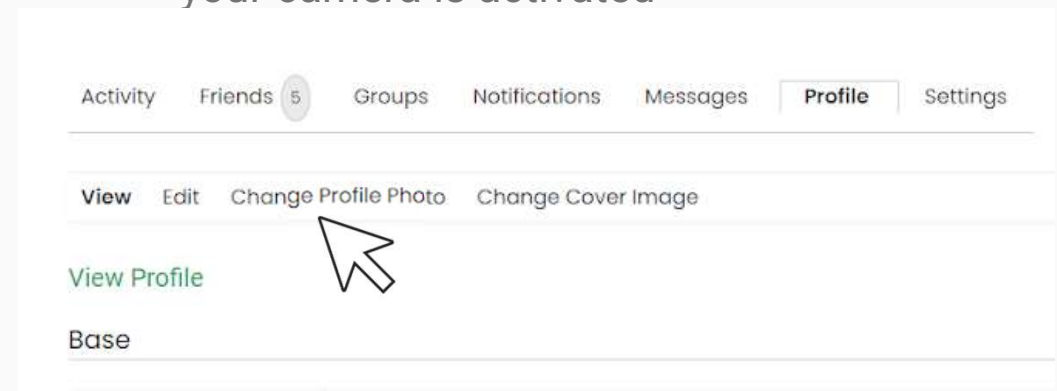
# 1. Upload your profile picture

Most people recognize a face easier than a name

- Click on "Profile"



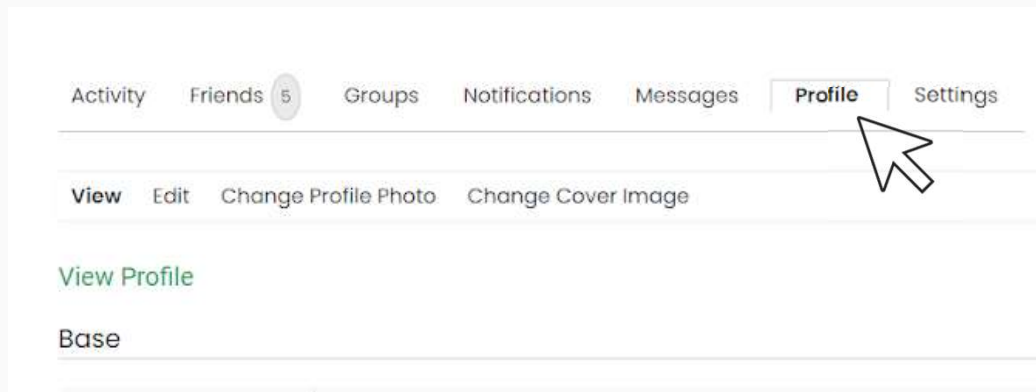
- Upload a photo from your phone/laptop/pc/device or take one if your camera is activated



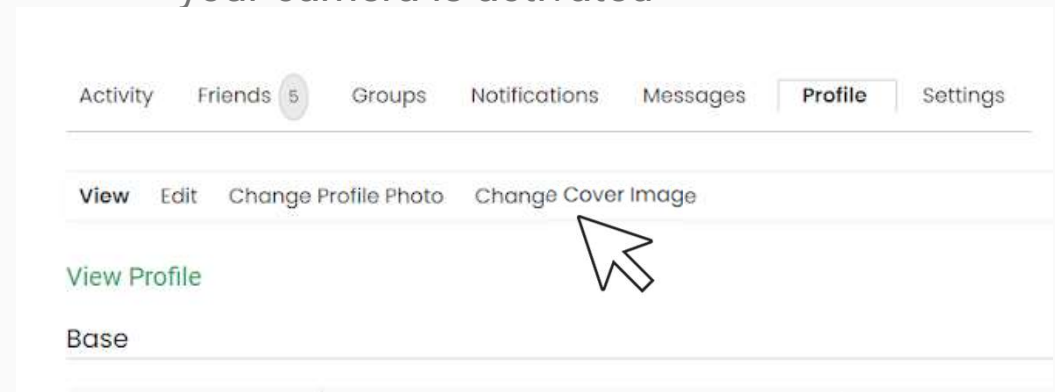
## 2. Upload a background picture

This could be something that resonates with you like a place, a monument, a logo, a flag, etc.

- Click on "Profile"



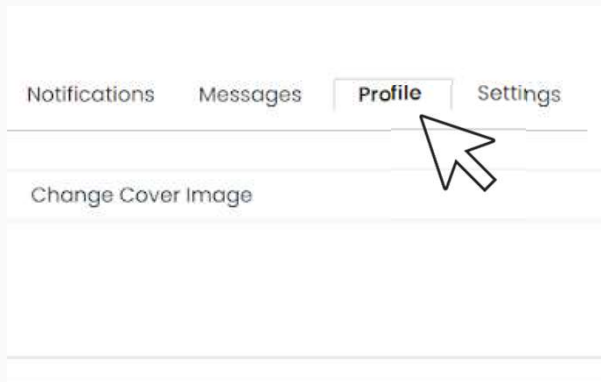
- Upload a photo from your phone/laptop/pc/device or take one if your camera is activated



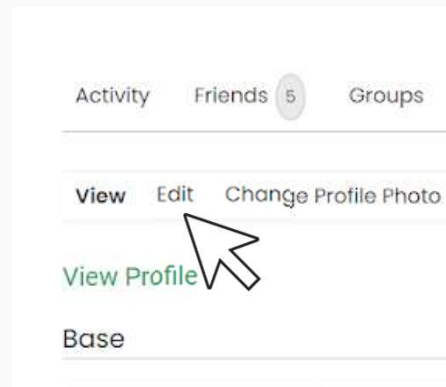
# 3. Add your details

City of origin,  
residence,  
short self  
introduction, etc.

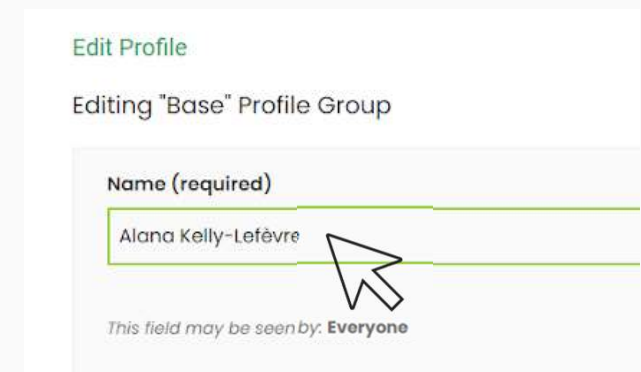
- Click on "Profile"



- Click on „Edit"



- Add your information



# 4. Choose who you want to share info

- Click on " Change "

Choose between  
" Everyone ",  
" Friends ", etc.

City of origin (Ireland)

Dublin

This field may be seen by: **Everyone** [Change](#)

City of residence

Kissing

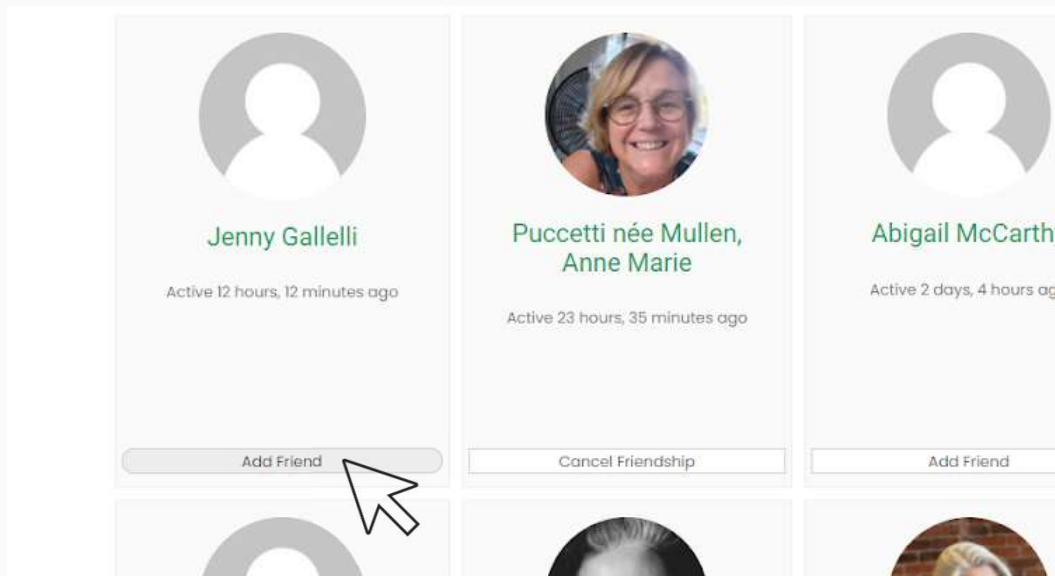
This field may be seen by: **Everyone** [Change](#)



# 5. Invite friends & make new Mná friends

- Click on " Add Friend " below their name

They'll get a notification when on their account. You will get an email when it's been accepted.



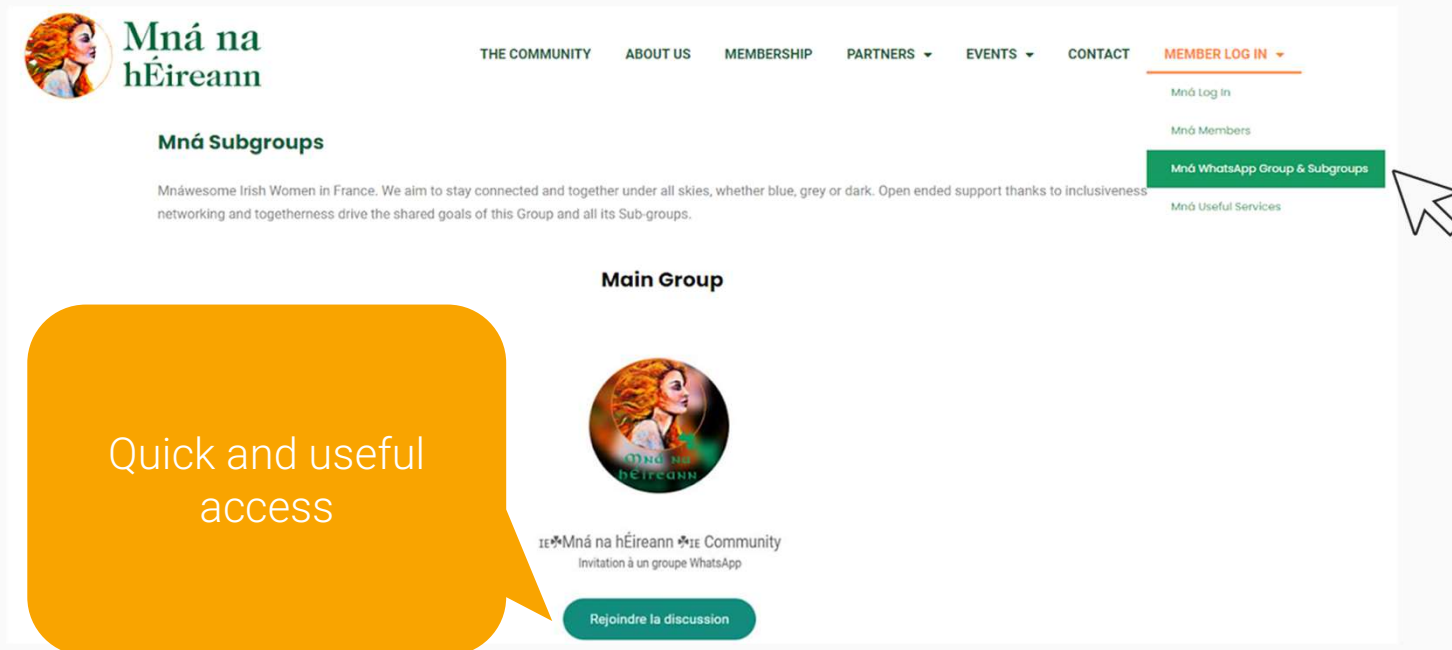


Well done,  
your **Mná** profile is ready

See additional features for the Mná Members

# Mná WhatsApp Main & Subgroups

- Access the Mná subgroups directly from the website




The screenshot shows the website for Mná na hÉireann. The navigation menu includes: THE COMMUNITY, ABOUT US, MEMBERSHIP, PARTNERS, EVENTS, CONTACT, and MEMBER LOG IN. The MEMBER LOG IN dropdown menu is open, showing options: Mná Log In, Mná Members, Mná WhatsApp Group & Subgroups (highlighted in green with a mouse cursor), and Mná Useful Services.

**Mná Subgroups**

Mnáawesome Irish Women in France. We aim to stay connected and together under all skies, whether blue, grey or dark. Open ended support thanks to inclusiveness networking and togetherness drive the shared goals of this Group and all its Sub-groups.


**Main Group**



☘Mná na hÉireann ☘Community  
Invitation à un groupe WhatsApp

Rejoindre la discussion

Quick and useful access



# Mná Useful Services & Addresses

- Discover an impressive collection of the numerous and valuable Mná recommended contacts

**Mná na hÉireann**

THE COMMUNITY ABOUT US MEMBERSHIP PARTNERS ▾ EVENTS ▾ CONTACT MEMBER LOG IN ▾






Mná Log In  
Mná Members  
Mná WhatsApp Group & Subgroups  
**Mná Useful Services**

### Useful Services & Addresses

Thanks to Mnawesome willingness to share advice, experience and tips in the WhatsApp group, we have this impressive collection of useful addresses. These recommendations are of value and very helpful but we all understand that opinions and expectations can vary.

Family & Outings ▾ | Food & Entertainment ▾ | Health & Wellbeing ▾ | Jobs & Careers ▾ | Personal Services ▾ | Other ▾

#### Recently added

<p>accommodation</p>  <p>Holiday home in Saint-Pierre d'Oléron (17)</p>	<p>accommodation</p>  <p>Dublin rental in Ballinteer</p>	<p>restaurants</p>  <p>Thai Restaurant - Chanthaboury</p>	<p>health &amp; wellbeing</p>  <p>Face Yoga &amp; Yoga</p>	<p>restaurants</p>  <p>Au 35</p>
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Years of recommendations from the Mná WhatsApp group

**Mná na hÉireann**

# Mná Useful Services & Addresses

- Once tested, comment on your experience to share with the community

**Your Comment**

Start typing...

[Post Comment](#) All comments are held for moderation.

[Back to All Useful Services](#)

Mná feedback has more value than an unknown Google or Trip Advisor one

# Template Useful Services & Addresses

- Recommend your own favorite services and addresses by sending us the following information via email to [contact@mnahaireann.com](mailto:contact@mnahaireann.com)



Category :  
Name :  
Other name or description : (optional)  
Address :  
Phone : (+ xx xx xx xx)  
Email : (optional)  
Website : (optional)  
Recommended by : (Mná Member)  
One or more pictures : (optional)

# Mná Testimonials

- What does it mean for You to be part of the Mná community?
- What feedback can You share?



**Mná Community Feedback**

Are you already part of the Mná community?  
Wish to share your testimonial?

Valued Feedback

Your email here

I accept the Privacy policy

SEND

This is possible on the **Mná Home Page**. Drop us a line or two on the bottom of the **Home Page** if ever a moment to spare.



Upwards & Onwards!