# GLM Basics: Part 1

Laura Gibson - 2026-07-25 - Onboarding & New Users
Note

Welcome to Kilo's On-Demand Training for Gym Lead Machine. This video walk-through is Part 1 of a 2 Part series, covering the fundamental features of GLM.

Ideal for New Clients and as a refresher for existing Kilo clients, we recommend opening your own GLM Account in a separate window so you can follow along! Pause and rewind as needed to help you get to grips with the platform.

Be sure to check out Part 2 here.

**For Individual Topics, refer to the broken-down chapters here:**

Opportunities

Contacts: Single Contact View

Conversations

Calendars

Dashboard

- Tags
- Gym Lead Machine