

# Introduction to VMware Workstation for the IT Admin

**TRAINSIGNAL**  
THE GLOBAL LEADER IN PROFESSIONAL COMPUTER TRAINING



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## Top 5 Uses for VMware Workstation

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**1**

Run Multiple Operating  
Systems and Their Apps

**2**

**IT Admin –**  
Testing Applications,  
Configuration Changes,  
Proof of Concept

**4**

vSphere Admin  
Staging

**3**

Demonstration

**5**

Development  
Tool

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## How I Use Workstation Daily

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## What You'll Learn in this Course

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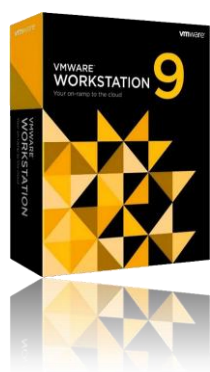
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- Introduction to Workstation
- Installing Workstation
- What's New in Workstation 9?
- Creating Virtual Machines
- Navigating Workstation
- Sharing Files
- Advanced VM Configuration
- Accessing VMs Remotely
- Managing vSphere and Deploying VMs to vSphere
- Downloading and Deploying Virtual Appliances
- Comparing Workstation
- Should I Use Workstation or vSphere?

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**Thanks for Watching!**

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