**RDS User Sessions how to: Get /Reset/Shadow Sessions**

**How to do this from your own RDS Session**

1. First thing you do is Cache your credentials, within powershell

Cache your credentials by running

$credentials=get-credential.

1. Get Remote Sessions.

Invoke-command -scriptblock {qwinsta} -computername (sessionhost) -credential $credentials

1. To reset a remote session, make sure to grab the session id and host from get sessions

Invoke-command -script block (rwinsta sesssion (id)} -computername (sessionhost) -credential $credentials

1. To Shadow a Session to help a user you will have to cache your username and password by host.
2. Run the following command since you already cached your credentials earlier.

cmdkey /add: $targetname /user:$($Credentials.UserName) /pass:$($Credentials.GetNetworkCredential().password)

1. mstsc /v:(targetname) /shadow:(sessionid) /control

(This will prompt the user to allow you to control or not, so the user has to be online)