Some troubleshooting with MySQL workbench and MAMP:

1.When you create the new connection, use the username `root` instead of a random name. The default password for root is 'root'. (You do not have any other user by this time, only 'root' is available)

2. For MAC MAMP users: Check you MySQL workbench port is the same as the port you set in MAMP (either 3306 or 8889)

You can change the password and add new users after you connected if you want.

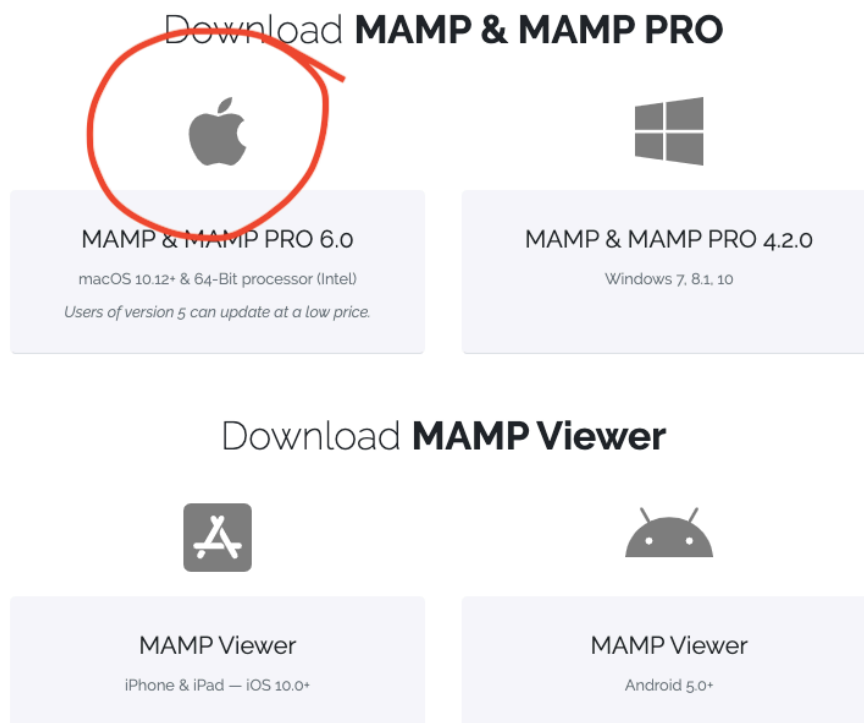If you still have a problem please feel to email me!☺

The following is the tutorial for 6.0 version MAMP

Install MAMP for mac (6.0 version)
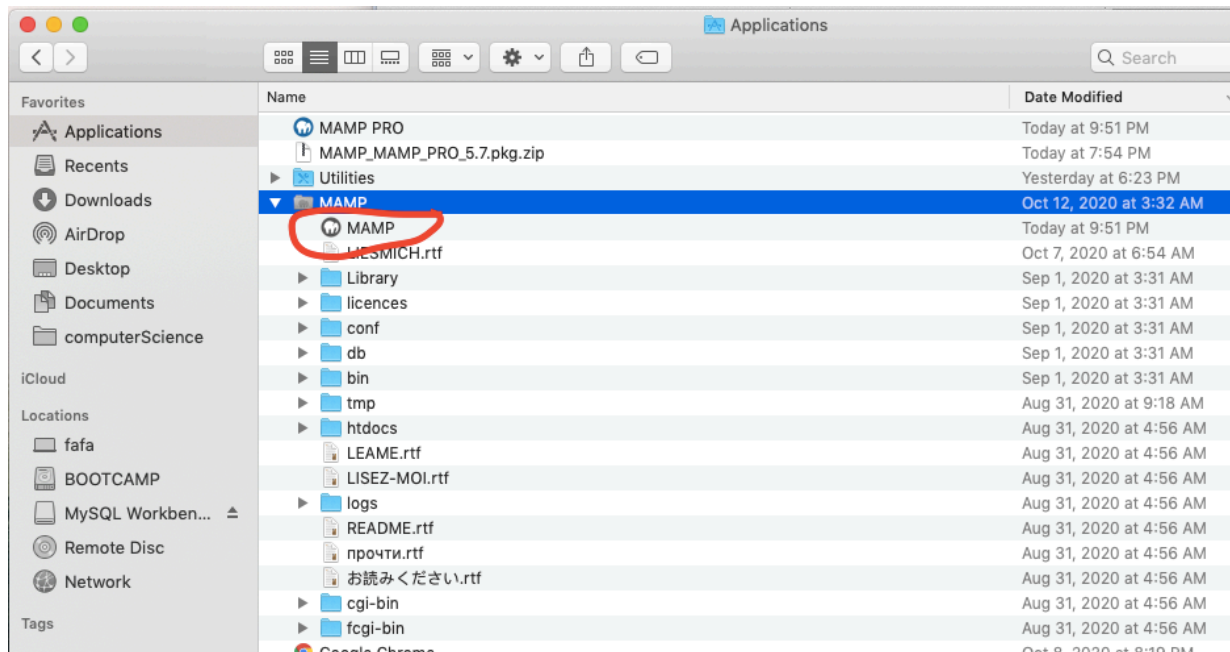1. Download MAMP from
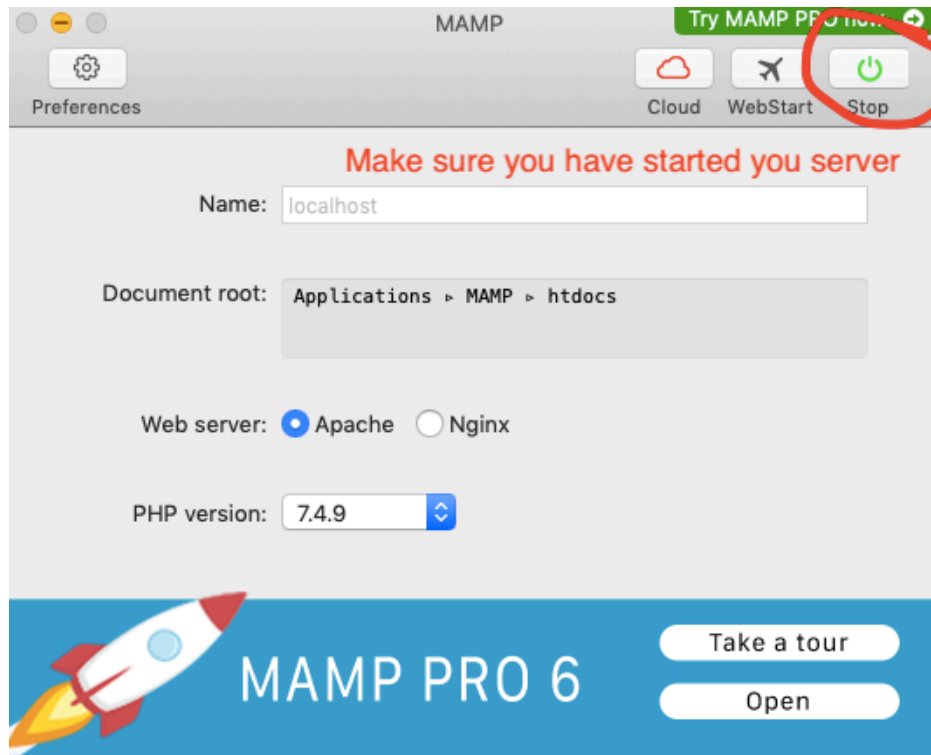https://www.mamp.info/en/downloads/?m=1581611990&
select the MAMP and MAMP Pro 6.0

2. You should have download 2 MAMP: The blue MAMP Pro and a grey free version (inside the grey MAMP folder)

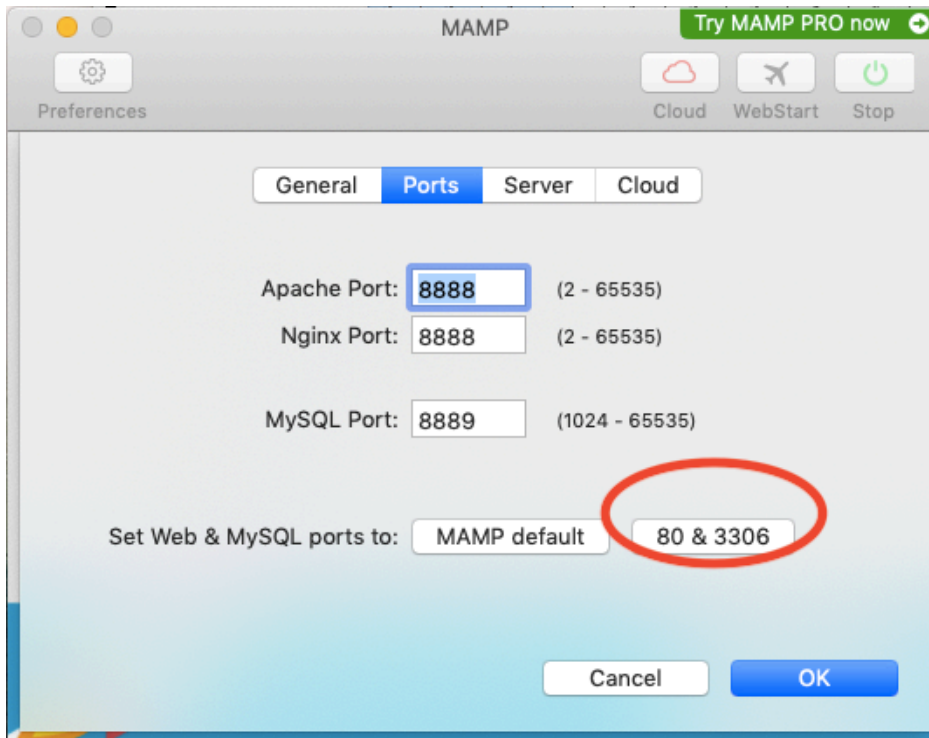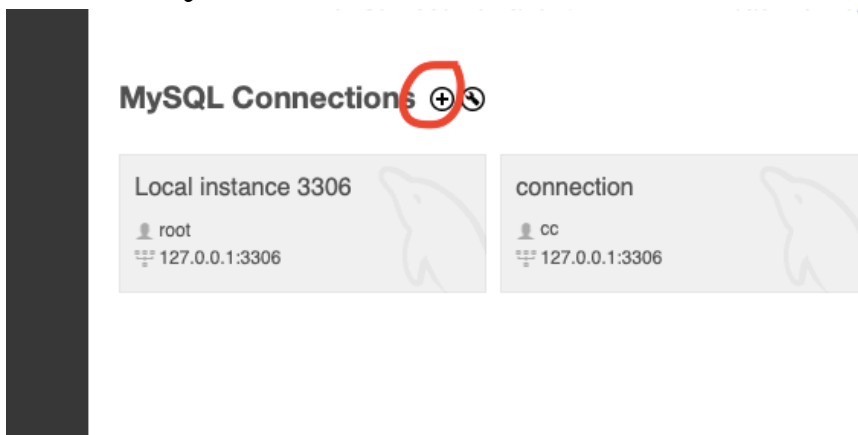3.Open the MAMP

4. You can change your MySQL port through MAMP->Preference->Port to 3306 (but you don't have to) . 3306 is the default port in the SQL workbench.
If you use MAMP default port 8889, remember to use the same port in SQL workbench.
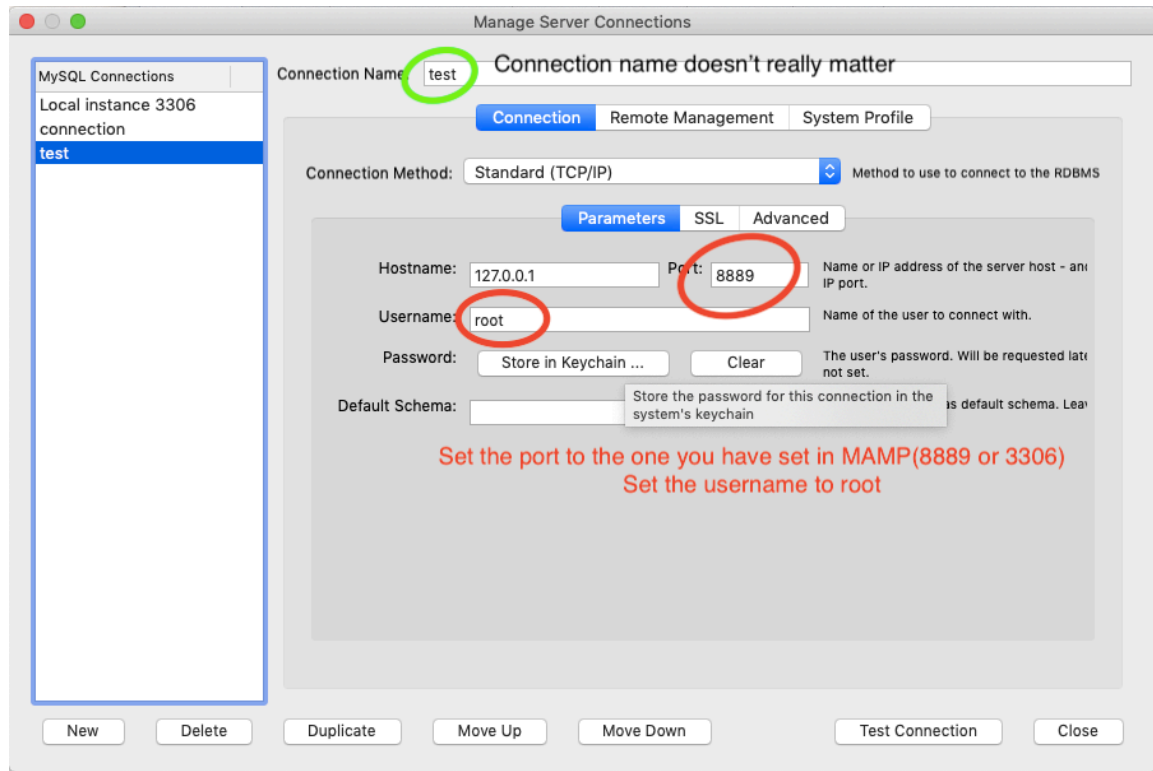It should automatically restart the server after you switch the port.

5. After setting up MAMP, you can open your MySQL workbench.
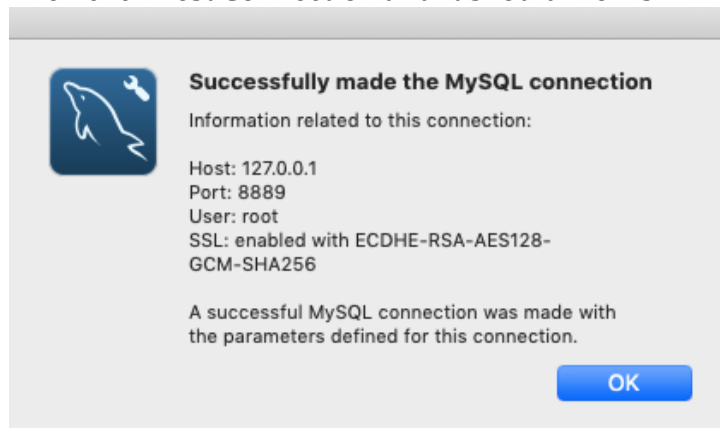Add a new SQL connection first

Fill in the connection name (doesn't really matter what name you using)
Set the username to **root**

The port number must be the same as the SQL port you set in your MAMP (either 8889 or 3306)

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Click the Store in Keychain to enter password '**root**' (this is the default password)
Then click Test Connection and it should works

6. Then you can click the Connection you just created and import the dump file