The hands on tutorial on FlexibleSUSY will require you to have installed FlexibleSUSY. There are no binaries for FS and currently we do not distribute any docker containers or virtual machines - you will have to compile it from source. This is straightforward on modern linux distributions. The list of dependencies is here https://flexiblesusy.hepforge.org/prerequisites.html On macOS you'll probably want to pull them using some sort of package manager, like macport, homebrew or fink. Installing FS on Windows is next to impossible.

You will need to use my fork of FS from git (so you also need git version control system)
Clone the repo using
git clone git@github.com:wkotlarski/FlexibleSUSY.git
and switch to the 3HDM branch as
git checkout 3HDM

The generic procedure to compile a model (in this case NMSSM) is the following
./createmodel --name=NMSSM
./configure --with-models=NMSSM
make

On Linux, if the dependencies were installed using your distros package manager, this should be all you need. On macOS you will have to specify paths to dependencies using configure options. On my MacBook this is
./createmodel —name=NMSSM —with-math-cmd=/Applications/Mathematica.app/Contents/MacOS/MathKernel —force && ./configure --enable-looptools --with-looptools-libdir=$HOME/HEP-software/gcc/LoopTools-2.14/lib --with-looptools-incdir=$HOME/HEP-software/gcc/LoopTools-2.14/include --with-boost-incdir=/opt/local/include --with-boost-libdir=/opt/local/lib --with-eigen-incdir=/opt/local/include/eigen3 --with-math-cmd=/Applications/Mathematica.app/Contents/MacOS/MathKernel --disable-librarylink --with-models=NMSSM && make -j1

The paths will be different on your system. In case of troubles I can assist you with the installation.