After you download the RDP file from the Remote Access Dashboard go to your downloads folder.
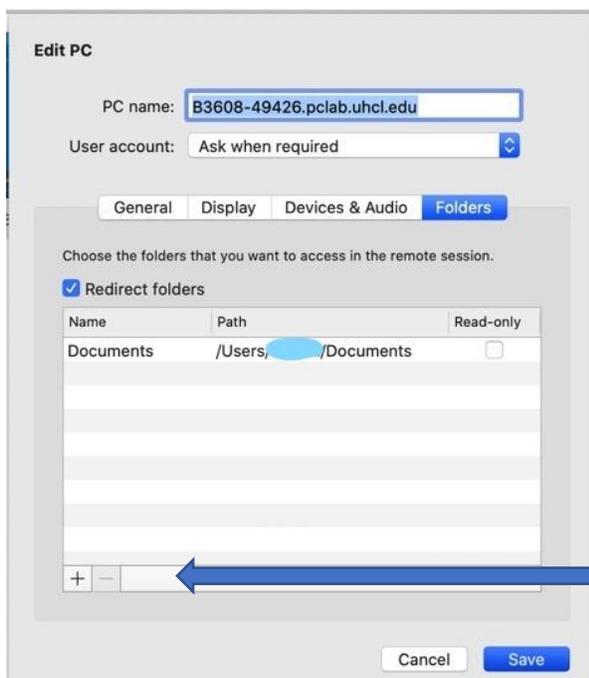
Drag the RDP file into the open Microsoft Remote Desktop App.
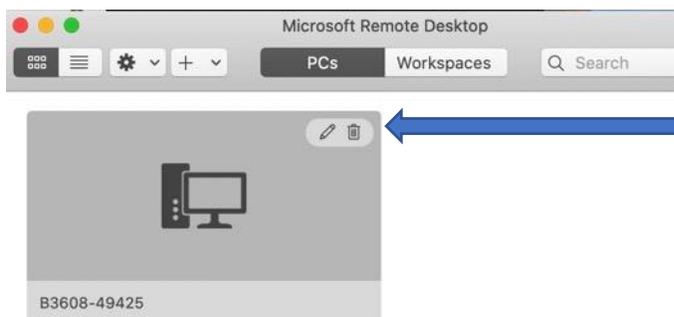
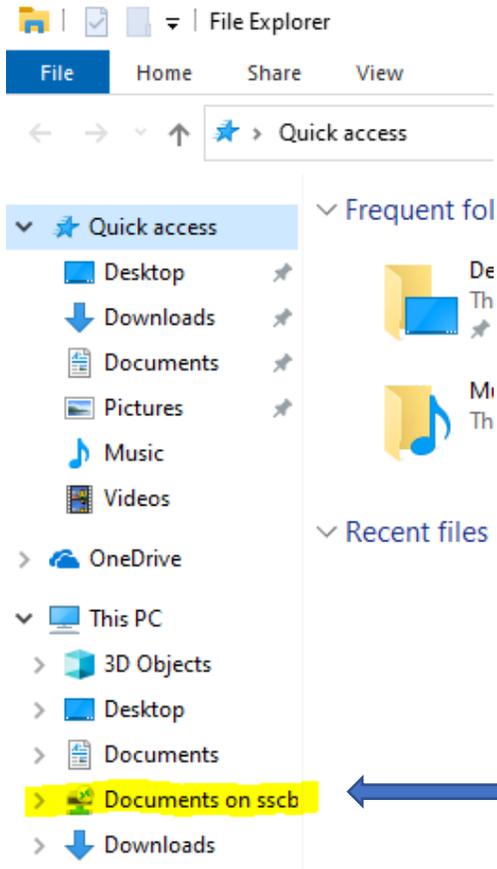**Select the pencil icon to go to settings**

You will have Multiple Tabs to change Display settings, Devices & Audio, And Folders.

Under Folders select the file location you want to share.

Select the + and navigate to the folder.

On the remote machine you should now see that file location under "File Explorer"

Files from your local Mac. The name will be your Mac's name at the end.

Alternatively, you can share other local resources like printers, microphones, cameras and multiple monitors as shown below.