

How To Get Started

Step 1

Head to theselfspace.com and click the 'Sign In'. This will bring up a new screen which gives you the option to 'create a profile'.

Step 2

Create your profile using your work email. It can take up to 24 hours to link your account. If you'd like to book in immediately email hey@theselfspace.com and we can speed up the process.

Step 3

Head to [the booking page](#) when you're ready to book in, remember to select the appointment type 'Self In The City - Company Paid'.

Step 4

If you're not sure who to book with you can look on the team page or fill out the therapy match form on our website: theselfspace.com/therapist-match/