

# How To Get Started

## Step 1

Head to [theselfspace.com](https://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](mailto: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/](https://theselfspace.com/therapist-match/)