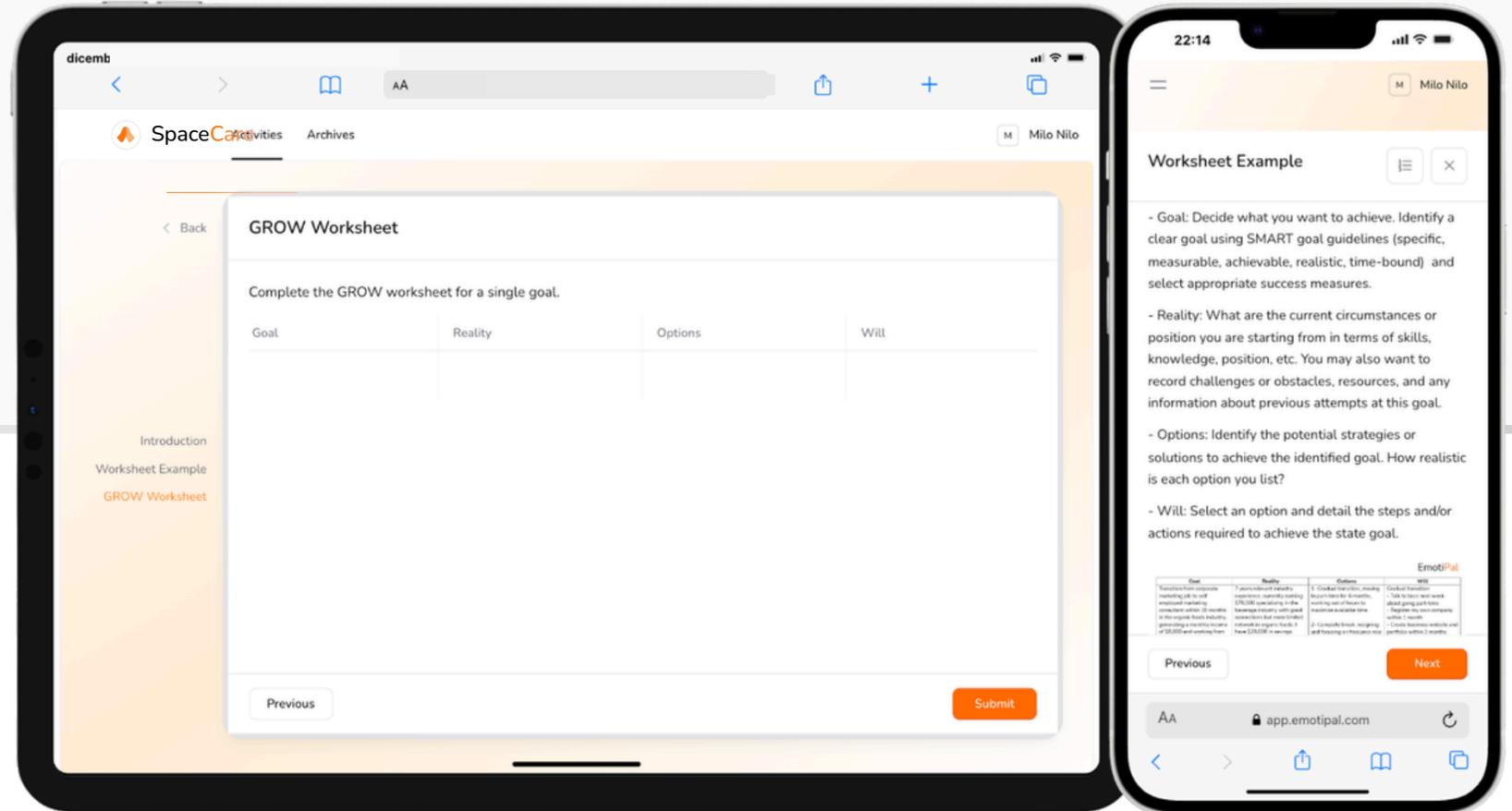
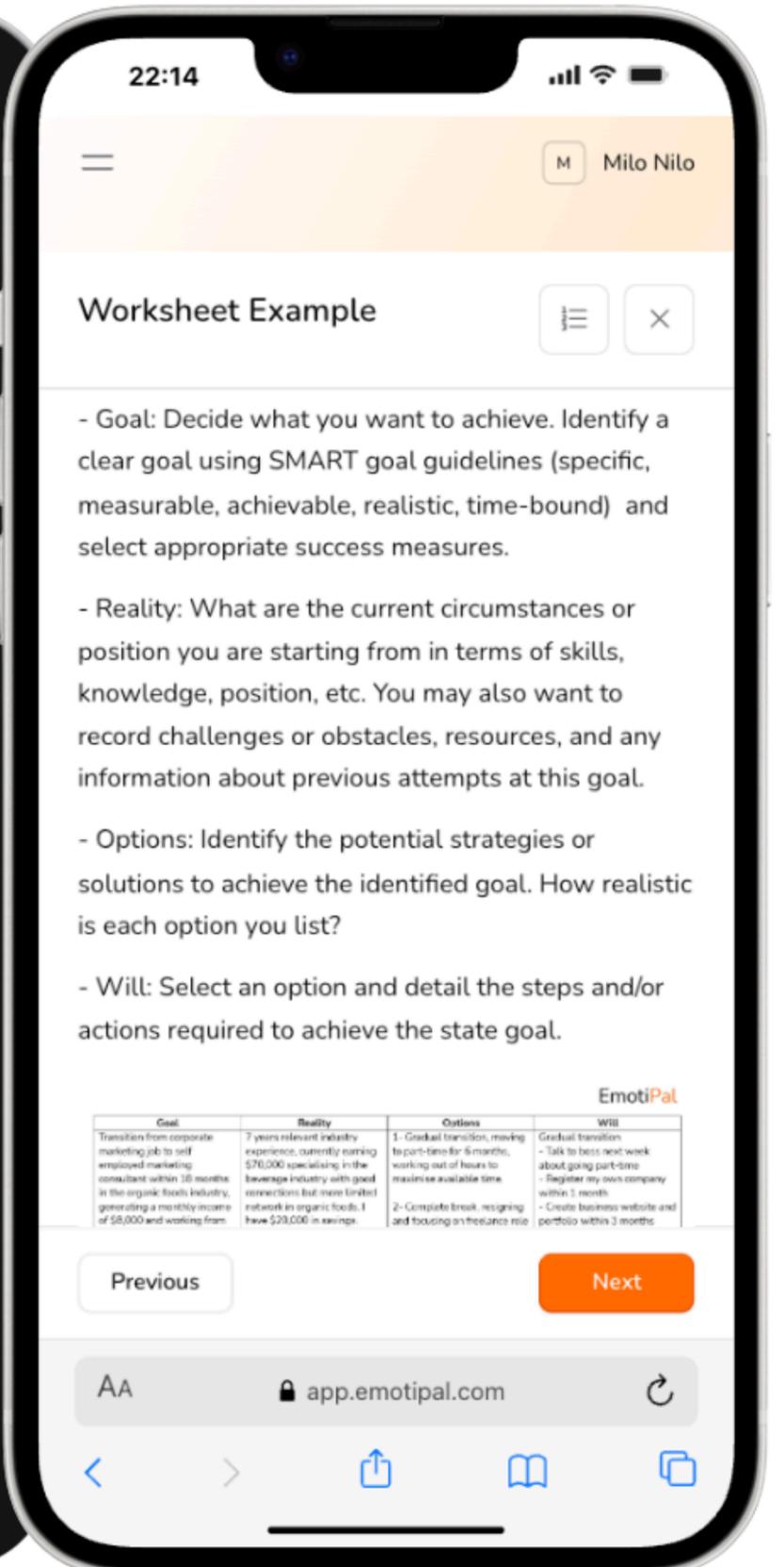
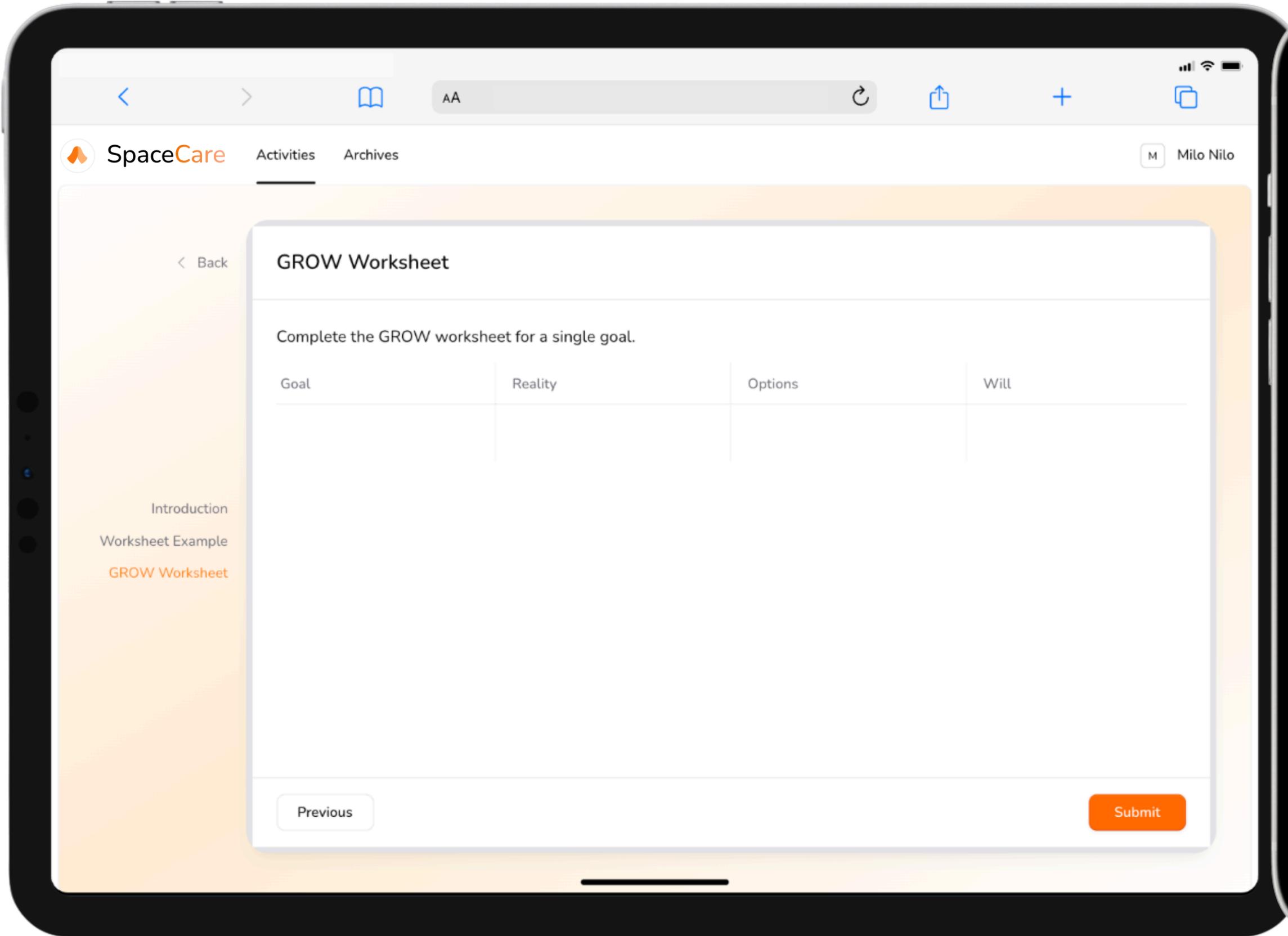




# SpaceCare

## Client Portal Overview





- Goal: Decide what you want to achieve. Identify a clear goal using SMART goal guidelines (specific, measurable, achievable, realistic, time-bound) and select appropriate success measures.
- Reality: What are the current circumstances or position you are starting from in terms of skills, knowledge, position, etc. You may also want to record challenges or obstacles, resources, and any information about previous attempts at this goal.
- Options: Identify the potential strategies or solutions to achieve the identified goal. How realistic is each option you list?
- Will: Select an option and detail the steps and/or actions required to achieve the state goal.

| Goal  | Reality   | Options  | Will  |
|---|---|--|---|
| Transition from corporate marketing job to self-employed marketing consultant within 18 months in the organic foods industry, generating a monthly income of \$5,000 and working from | 7 years relevant industry experience, currently earning \$70,000 specialising in the beverage industry with good connections but more limited network in organic foods. I have \$20,000 in savings. | 1- Gradual transition, moving to part-time for 5 months, working out of hours to maximise available time.<br>2- Complete break, resigning and focusing on freelance role | Gradual transition<br>- Talk to boss next week about going part-time<br>- Register my own company within 1 month<br>- Create business website and portfolio within 3 months |

# What is SpaceCare

SpaceCare is a **shared online space** where **professionals and clients work together**.  
**Professionals** create **personalised, interactive exercises** that can be **explored** together,  
**completed** by the client **at their own pace**, and **revisited easily** on any device.



## PRIVATE AND SECURE

Your data is encrypted and visible only to you and your professional.



## PERSONALISED

Each activity can be tailored to your needs by your professional.



## ACCESSIBLE ANYTIME

Access your activities online, on any device: phone, tablet, or computer.



## FREE FOR THE CLIENT

If you're invited by a professional, they cover the subscription cost.

# What Clients can do with SpaceCare

## COMPLETE ACTIVITIES

Check in, fill in exercises and answer questions using any device.

## REFLECT BETWEEN SESSIONS

Revisit past activities and reflect on the journey

## COLLABORATE

Collaborate with their professional across all shared activities

## Activities

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Thought Record  
New! >

Activity scheduling  
20 minutes ago >

Behavioral activation  
2 days ago >

Mindfulness relaxation  
1 week ago >

# How to start

1

## ACCEPT THE INVITATION

Your professional will send you a link via email or whatsapp to confirm your account.

2

## CREATE A PASSWORD

Your account will remain private. Do not share your password with anyone.

3

## START YOUR FIRST ACTIVITY

If your practitioner has already assigned an activity, you'll see it when you open the app. If no activity hasn't shown up yet, don't worry - your practitioner will inform you.