Jane Ambassador

Office Hours

Known for Something

Niching Down Without Closing Doors



With Carrie Jackson and Rebecca Hopkins

Watch the session replay

Office Hours Clinic Worksheet

Finding your words for care

When a session wraps up, what do you usually say about coming back? Write the version you'd feel good saying out loud.

If a friend asked what their next few months of care should look like, how would you explain it? Jot down a few lines that sound like you.

What helps a client feel like they had a say in their care plan? What's one question you could ask so they help shape it with you?

Is there a client you've been meaning to check in on? Draft the note you'd send if you were just thinking of them.

Think of a client who always comes back. How do you usually wrap up your time together? Is checking in or booking the next visit together something you already do, or something you'd like to try?

Thank you!

Have questions? Our team is happy to help: **support@jane.app**

Starting your own practice?

Check out our **New Practice Guide** where we go over First Steps & Growth Advice from Experts