

# Risk-Free Guarantee

## What Is It?

Let's face it, finding the "right" therapist or coach – someone you trust, someone who understands your unique challenges and issues, and someone who is competent – can be a challenge. The whole experience can be stressful, time-consuming AND often a waste of money.

Unfortunately with a Google search you won't know if you actually found a good/decent therapist until you've had a chance to meet him/her face to face and ask a few important questions. True what they say: "*Seeing is believing*"

**Hence, the risk-free session.**

It's an opportunity for you to come in, and get answers to three crucial questions:

1. *Is this therapist someone I can trust? Someone I feel comfortable with?*
2. *Does he truly understand my unique set of challenges?*
3. *Will he be able to help me?*

As a practical psychologist, my goal is to add as much value as possible in terms of creating **lasting, positive change** for my clients. The last thing I want to do is waste your time (or mine). Hopefully by the end of the first session, you will feel confident in my approach and my abilities and will want to continue with therapy. To date, roughly 90% of people that come in for one session end up returning for a second.

However if you decide *not to return* for a second session (for any reason!) your first session is absolutely FREE. No questions asked.

**You only pay if you're completely happy with the first session and choose to continue** (i.e. you come back for a second session).

**\*\* Please note the Risk-Free Guarantee is NOT available for Peak Performance coaching. That's because the first session involves a partial assessment for athletes.**

## Questions?

Feel free to reach out: [info@lifeworks.hk](mailto:info@lifeworks.hk)