

Pain points:

Her main job was being a designer but she started her psychology clinic a few months ago, and doesn't have a lot of clients.

Only has 100 followers on Facebook and wants to have thousands.

Dream state:

Getting daily clients, having a big social media following, and having people who care about what she posts.

Roadblock:

Her FB page is 3 months old, so she hasn't posted much.

Top players post 3 times a day.

Website's copy isn't persuading and intriguing

Not running ads.

Solution:

Posting 3-4 times a day, and posting intriguing content with eye-catching images like top players.

Having a persuasive copy on her website.

Running ads.

SL: Why posting on Facebook is detrimental to your business.

Hello Petra,

I quickly want to say how much I like the idea that you tied your graphical website to your psychology website by mentioning creativity! Real creative! 😊

You did well with creating a Facebook account for your new found calling, psychology.

And Bibók Bea, Bagdi Bella and Farkas Vera all have tens of thousands of followers on Facebook because of one simple thing.

Posting regularly.

Regular posting alone is not enough, though.

Your content needs to be intriguing, while the images need to be vivid and eye-catching, like Bea's.

I went ahead, and created a social media post for you, which you can feel free to test out!

Do you like the image I made?

Best regards, Adam!

Check it out below:



🌟 Breaking the Stigma: Why Men Need Psychologists Too 🌟

Hey there, friends! 💬

Let's talk about something that's been on my mind lately – the importance of mental health for everyone, including our amazing men out there. 💪🧠

We live in a world where societal pressures often expect men to be stoic, unemotional, and tough. But guess what?

It's absolutely okay for anyone, regardless of gender, to seek help when they're going through tough times. 🤝💙

Men, just like women, experience a wide range of emotions and challenges.

Whether it's stress from work, relationship issues, personal struggles, or simply feeling overwhelmed, I am here to provide a safe space for you to open up, explore your feelings, and develop healthy coping strategies. 🧠✨

By reaching out to a psychologist, you're not just taking care of your mental health – you're also setting a powerful example for those around you.

You're showing strength in vulnerability and breaking the cycle of stigma that may have held you back. 🙌🚀

Remember, seeking professional help is a sign of courage, not weakness.

It's a step towards greater self-awareness, resilience, and a happier, healthier you.

So, let's normalize conversations about mental health and support one another in this journey.

If you or someone you know needs someone to talk to, don't hesitate to reach out. We're all in this together. 🧡🌈

<https://www.szekelypetra.hu/arak-es-kapcsolat/>

#MentalHealthMatters #BreakTheStigma #StrongMenStrongMinds

