

5 Golden Rules

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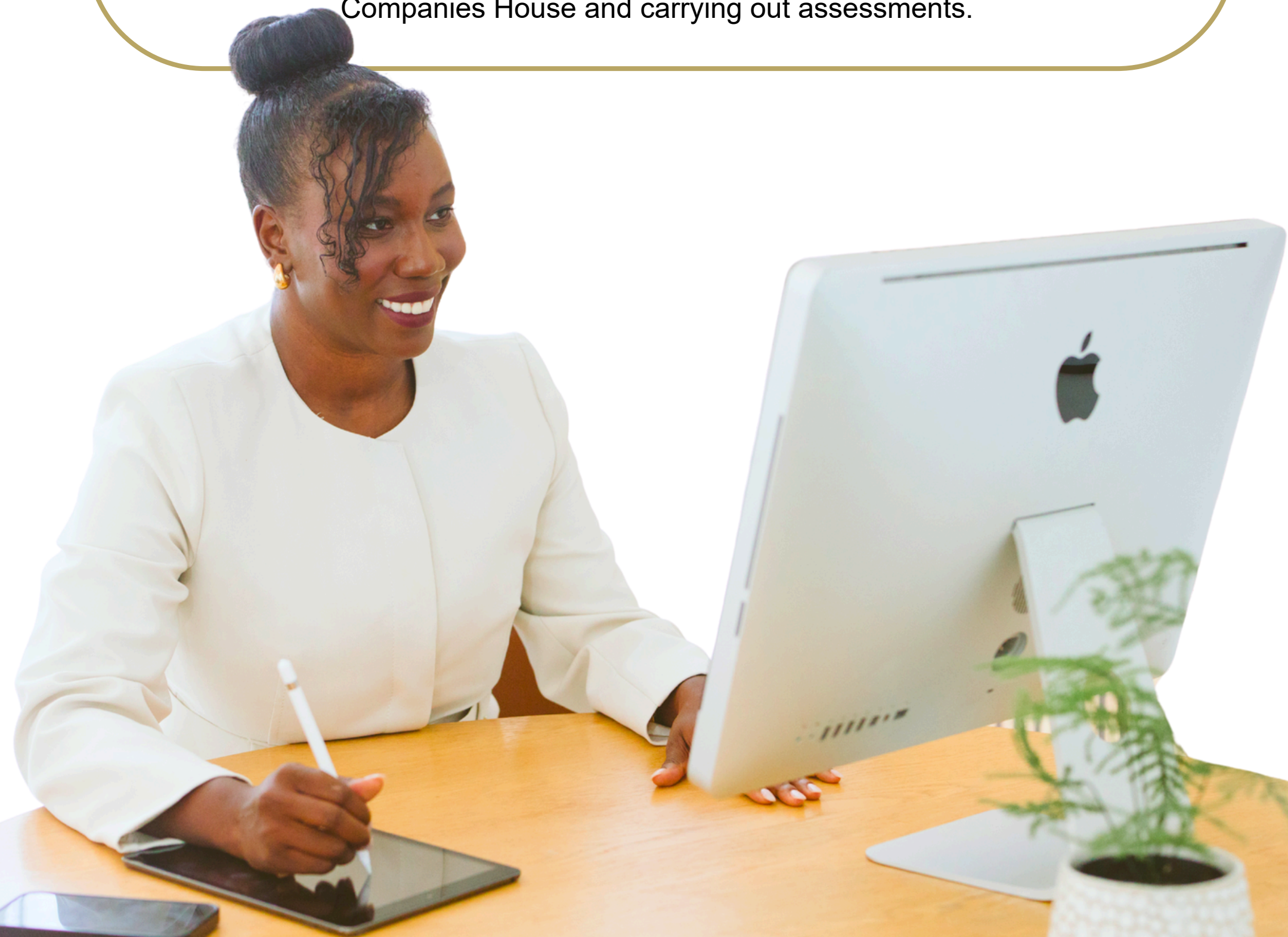


should
consider
before
opening an
independent
practice

By **Dr Kamaria Fleary**,
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1. Am I actually allowed to?

Many psychologists get started in independent practice by taking on additional work alongside their current employment. You need to read and check your employment and/or scholarship/funding policies for **clauses that prohibit “side hustles”** such as additional work, working for other entities or restrictions on whether you are allowed to engage in work which may cause a **conflict of interest** with your current work. If you received any scholarships or funding, check that there are not clauses prohibiting you from carrying out additional work. **Setting up an ethical and legal business is paramount.** So think carefully and **have a read of key policies BEFORE** you go off and start registering things on Companies House and carrying out assessments.



2.

What's my own **competency?**

It's important to **be honest with yourself about what you feel confident in doing and what you feel you might need more support with.** Whilst some independent work can be *“more of what you are already doing,”* you have to consider whether you are competent to handle surrounding issues. For example, are you competent enough to handle safeguarding issues without a large team of support around you?



Have you sourced supervision? All psychologists are **required** to have supervision, so you need to **consider how you will access support when you encounter issues outside of your own competency.** If you **don't feel ready, don't start.** Source support first and have a plan for every eventuality. Knowing where to go ahead of tricky situations can help limit panic in the moment; if they ever occur.

3. save a financial *buffer*

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Please note: we are not financial advisors or accountants, we are just sharing our own experiences of things we had to think about from a financial standpoint. For professional advice tailored to your situation, please consult a registered/licensed accountant.

Think before you quit your day job!

Also consider whether being self-employed will impact your personal circumstances such as your ability to get a mortgage or maternity leave/pay.

Can you survive a dry spell with no clients?

financial
considerations



4.

practice being

Consistent

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at something!



Thriving in independent work requires consistency. If you are like me and constantly start and stop new ideas, you will only end up confusing your clients. I don't care what you get consistent at; just **start to train yourself to be disciplined.** I started running every single Saturday to prove to myself that I can be consistent at something. Now running becomes second-nature, so has writing a report in less than 3 hours, creating content and having business meetings. **Running a business is not a hobby. Make it a life-style.**

5.

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Who can you learn from?



do not try to do it all alone.

Getting started can sometimes mean encountering “gatekeeping.” If this is your first time running a business, **navigating the basics** such as **“how do I find an accountant?”** or **“What is the ICO and why do I need to register?”** can be **overwhelming** if you try to figure it all out alone. Educational Frontiers® was created to support our colleagues in **finding information in a simple and stress-free way**. Our priority is helping you to feel at ease every step of the way.

Get in touch with us at www.educationalfrontiers.co.uk