

THE F FACTOR: HOW FACEBOOK HAS HELPED  
GROW MY PRIVATE PRACTICE  
– ANTONIA HIGGINS



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# About Antonia Higgins

I work with adults and young people (13+) of all genders to improve their mental health and emotional wellbeing. I went into private practice part-time in early 2016, shortly after graduating, and now enjoy being my own boss on a full-time basis.

This has happened sooner than I thought! I enjoy the variety that private practice brings, including the learning curve of marketing and promoting my practice online and in person.



# Contact Antonia / Website / Social Media

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