

## Profiles vs workspaces

A profile is one person you support. A workspace is the shared space those profiles live in. Here is how they fit together.

Two words do most of the work on Specthrive: profile and workspace. Once the difference is clear, the rest of the app makes sense.

### Profile

A profile is one person you are supporting. That can be a child, a dependent adult, or yourself. A profile holds that person's plans, goals, trackers, documents, and calendar.

You switch between profiles with the profile switcher in the top-right. Everything you see, every plan and tracker and update, is scoped to whichever profile is selected.

When you sign up, Specthrive creates a profile for you automatically. It is private to your account by default.

### Workspace

A workspace is the shared space that profiles live in. Think of it as a shared folder. Everyone invited into the workspace sees the same profiles inside it.

A family workspace is for the people who help day to day: a co-parent, a grandparent, a long-term sitter. They are workspace members, and they see every profile in the workspace.

A profile can also be private to one person, not in any shared workspace. Your own profile starts out this way.

### How they fit together

- A workspace contains profiles.
- A profile belongs to either one person (private) or one workspace (shared).
- Workspace members see every profile in that workspace.
- Switching profiles changes whose data you are looking at. Switching workspaces (top-left) changes which set of profiles is available.

### Who can see what

WHO	SEES	INVITED FROM
You	Every profile you manage or are a member of	n/a
Workspace member	Every profile in that workspace	Family settings
Professional	Only the one profile, and only the areas you granted	The specific profile
Private profile	Only its owner	n/a

### A worked example

The Garcia family workspace contains two profiles: their son Mateo and their daughter Lucia. Both parents are workspace members, so both see Mateo and Lucia and can update either one.

Mateo works with a speech therapist. The therapist is invited to Mateo's profile only, with access to trackers and plans. The therapist never sees Lucia, never sees the workspace, and never sees the Garcias' other information.

Each parent also has their own private profile for personal goals. Those stay private unless they choose to move them into the workspace.

Next steps: [Setting up your family workspace](#) and [Working with a coach or therapist](#).