

[Coffee Chat Initiative – FAQs](#)

My coffee chat offers a supportive space for individuals experiencing loneliness—the new pandemic.

1. What is the Coffee Chat?

The coffee chat is a relaxed, one-on-one conversation designed to exchange ideas, share knowledge, and connect over specific topics of interest. **It's not therapy, but a supportive conversation.** It is a paid service for personal development, **not** a dating or romantic arrangement.

2. What happens if appropriate behaviour and respect are not maintained during the Coffee Chat?

Respectful behaviour is mandatory. In the event of inappropriate behaviour, the session will be terminated immediately, and **the payment will not be refunded** under any circumstances. This applies whether the chat is held offline or online.

3. Is this a one-on-one chat or a group discussion?

This is a **one-on-one** chat to ensure personalized attention and a focused conversation around your interests or questions.

4. Is there a refund policy?

Payments are non-refundable, except in cases where I need to cancel the session. Once payment is received, we will schedule a time that works for both of us.

5. What is the time duration of the Coffee Chat session, and what happens if I'm late?

Each coffee chat session lasts for 60 minutes. We kindly ask that you arrive on time to make the most of the session. If you are late by more than 15 minutes, the session time will not be adjusted, and the session will still end at the scheduled time. However, if you are delayed by 10-15 minutes, we can still continue with the remaining time.

6. Why do you offer Coffee Chats?

I started this initiative for people who may not be open to therapy or don't feel the need for therapy but would still like someone to talk to, share their thoughts with, and feel heard. It's a space for meaningful, one-on-one conversations that focus on connection and mutual understanding, rather than therapy or counselling.

7. Why are offline sessions for men only available after completing four online sessions?

To ensure safety and establish a level of trust, offline sessions for men are offered only after four prior online sessions. This policy helps to build a rapport and verify the participant's intent, ensuring a respectful and secure environment for both parties.

8. Who pays for the coffee when meeting offline?

The cost of the coffee or any other refreshments during an offline session are paid respectively as separate bills.

[The Growing Loneliness Pandemic: some facts](#)

1. **Rising Loneliness:** 36% of Americans, including 61% of young adults, report serious loneliness (Harvard, 2021). India is also seeing a similar trend in rising loneliness rates.
2. **Global Scope:** Over 60% of people worldwide experience loneliness (Cigna, 2020).
3. **Health Risks:** Loneliness increases heart disease risk by 29% and stroke risk by 32% (AHA).
4. **Comparable to Smoking:** Chronic loneliness is as harmful as smoking 15 cigarettes a day.
5. **Mental Health Impact:** It's a major contributor to global depression and anxiety rates (WHO).
6. **COVID-19 Effect:** The pandemic led to a surge in loneliness during lockdowns.