



# FINANCIAL COACHING

## TAKE YOUR FINANCIAL HEALTH TO THE NEXT LEVEL


Register today for a one-on-one financial coaching series that will help participants to meet financial goals.

A financial coach can provide a boost to self-control along with the flexibility to change strategies as the client's financial situation changes.

Participants will learn how to set goals and conduct action planning. The coach will assist participants in progress monitoring.


**Contact: Alana Perez-Valliere, Financial Security Educator, to schedule a financial coaching session today.**

### Goal Setting




Participants will set goals that will address immediate issues, support specific actions to meet goals, improve financial situations, change financial behaviors, facilitate decision-making, and provide tools, resources and referrals.

### Action Planning



Participants will aim to commit to action in order to improve financial conditions. The program will provide encouragement and support commitment efforts.

### Monitoring



The financial coach will provide monitoring over advice and progress to ensure participants successfully achieve goals.



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