

# Free Financial Coaching

## FOR MILITARY VETERANS

### WHAT IS FINANCIAL COACHING?

Coaching is a process to help people link their behavior to their goals and values. Financial coaching is a way of working together in an equal partnership rather than an “expert” giving advice or issuing directives.

Financial coaching is distinct from financial education or counseling in that the coach approaches the relationship from the position that you know what is best for your situation. The coach is there to provide support, encouragement, accountability and resources as you define and move toward your goals. There are times that you may need specific and concrete information to help you achieve your goals. In those situations, the coach offers the information without attachment or judgment about the outcome. In short, the final decision always rests with you.

Financial coaches provide regular one-on-one sessions in order to link your goals and values to your financial dream, create an action plan and track progress towards the goals mutually set by you and your financial coach.

Financial coaching is about learning the skills it takes to align your ongoing behavior with your financial dream.

**Do you have financial concerns?**

**Are you overwhelmed by your money matters?**

**Does your financial plan need a little support?**

**Are you confused by your financial options?**

**Are you ready to pursue your financial goals?**



### READY TO GET STARTED?

Come prepared to take actions required to meet your goals. Call and make an appointment today!

**Gabriella Barthlow, AFC<sup>®</sup>, FFC<sup>®</sup>**

[gabriella.barthlow@MacombGov.org](mailto:gabriella.barthlow@MacombGov.org)

586-854-1737



**Veterans Services**