



ALMSTROM FINANCIAL COACHING, LLC

FINANCIAL WELLNESS PROGRAM 2020

LESS STRESS MAKES BETTER TEAM MEMBERS



KATY ALMSTROM

Katy is a Preferred Ramsey Coach and Certified Master Financial Coach. She is passionate about helping people reduce the stress money can create and replace it with hope and optimism for their financial future.

Her background in teaching and her commitment to education enables Katy to uniquely serve your team.

CONTACT DETAILS

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SAMPLE SCHEDULE

Session 1: Winter 2020
Session 2: Spring 2020
Session 3: Summer 2020
Session 4: Fall 2020

FINANCIAL LITERACY WORKSHOPS

Budgeting and Planning for Emergencies

60 Minutes

This workshop provides a deep dive look at the realistic steps for reducing the stress of budgeting. How do we live on less than we earn? How do we make progress with money by using a budget? What are some healthy habits we can develop to plan for emergencies?

Budgeting 201

60 Minutes

Developed as a sequel to *Budgeting and Planning for Emergencies*, this workshop answers common questions that arise as people begin their budgeting journey. Topics include sinking funds, long-term planning, and irregular income.

Tackling Debt

60 Minutes

Debt freedom is a reality for some and a goal for many. *Tackling Debt* will not only teach participants how to quickly pay off debt, it also provides inspiration and hope on how becoming debt free can be a reality.

Relationships and Money

60 Minutes

Communication skills on financial matters with those you love most are critical to having healthy relationships. Whether married, single or divorced, *Relationships and Money* will provide participants with practical tips on how to handle money in their relationships, including how to teach their children valuable financial principles that will last a lifetime.

OTHER SERVICES

Stash the Cash Employee Money Challenge

Included With Workshops

Harness New Year's resolutions and begin this Savings and Debt Payoff Challenge in January 2020. Pair the introduction of the challenge with the *Tackling Debt* workshop.

Individual Meetings

In Person Sessions Available On-site

Here is an opportunity for team members to sit down with Katy one-on-one to dig into their unique situations and discuss their next action steps. Several sessions are available with each visit to complement the workshops.