

FINANCIAL COACHING



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Financial Coaching

Financial stress is a common issue impacting on employee wellbeing. Financial challenges can occur at many times in our life; getting married or separating, planning time out of the workforce due to children, buying or selling a home, retirement, redundancy, change in income, or unexpected medical expenses.

Understanding financial concepts can be very confusing and it is difficult to know who to trust and approach for help. AccessEAP partners with a financial coaching specialist to offer employees confidential guidance and support to expertly and respectfully guide people back to financial control.

Employees are entitled to free financial coaching sessions as part of their EAP session entitlement. The sessions will usually be over the phone.

How can Financial Coaching help?*

A financial coach will work with you to understand your current financial position, and help to identify the areas that require attention, and then start to create a resolution with you. Financial Coaching can help you understand and manage money in areas including:

- General money management
- Creating a money plan that works for you
- Adjusting to a change in pay cycles / income
- Debt reduction ideas
- Bankruptcy / Debt Agreement; the consequences and possible alternatives
- How to approach and negotiate with your creditors
- How to manage disputes with financial institutions
- Planning to purchase a home
- Understanding superannuation
- Transition to retirement
- Understanding investment options (e.g. shares, managed funds)

- Understanding credit contracts and your obligations
- How to find the right finance professional for your needs
- Overcoming barriers to meeting financial goals.

How to Arrange Financial Coaching

Please call us on 1800 818 728 or email info@accesseap.com.au for more information or to arrange a confidential appointment. Sessions usually occur over the phone.

***Disclaimer:** This service does not make financial product recommendations, promote any individual financial organisation or approach, or provide personal financial advice on investments or taxation issues. We do not take the place of your solicitor, accountant, financial adviser or any other third party professionals and will advise you to speak with them directly if specific advice is being sought.



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AccessEAP
People in Focus

