



BSS Psychology Financial Coaching

Feeling stressed about money or unsure where to start? Financial coaching is a confidential service available through your EAP, designed to help you feel more in control of your finances.

WHAT IS FINANCIAL COACHING?

Financial coaching provides practical, education-based support to help you better understand your money, build healthy financial habits, and work towards realistic financial goals.

WHO IS IT FOR:

Individuals who:

- ▶ Feel stressed or overwhelmed by money
- ▶ Are living pay to pay or struggling with bills or debt
- ▶ Want help with budgeting or money management
- ▶ Are experiencing a change in income or life circumstances
- ▶ Want to save, reduce debt, or plan ahead

You don't need to be in crisis - this service supports everyday financial wellbeing.

WHAT TO EXPECT DURING A SESSION

- ▶ An understanding about your situation and goals
- ▶ Practical steps to improve money management and confidence
- ▶ Partners or family members may attend where appropriate

TYPES OF SUPPORT

- ▶ Budgeting and cash-flow management
- ▶ Debt education and prioritisation
- ▶ Understanding money habits and behaviours
- ▶ Planning for goals or financial changes

Financial coaching does not include financial, investment, or superannuation advice, tax or legal advice or product recommendations.

To find out more, email our team at intake@bsspsych.com.au webchat at www.bsspsych.com.au or call **1800 30 30 90**