

Money Assist

Putting you in control of your money



Managing money is something we all deal with on a daily basis, and yet very few of us ever get an education around how to do it well.

Regardless of whether you

- **feel like you are doing ok but would love a general financial health check**
- **are having trouble paying bills and need help with a management plan**
- **want to save more money or reach some other important financial goal**

everyone can benefit from financial coaching.

WHAT IS FINANCIAL COACHING?

Financial coaching is just like having a personal trainer for you and your money. Of course you can look after your money by yourself, coaching allows you to take your financial wellbeing to the next level.

Your financial coach will:

- inspire you to take control of your financial future
- motivate you to create healthy habits
- educate you on key distinctions that improve financial management

Financial coaching combines practical information with emotional exploration to eliminate those frustrating habits that might be holding you back from moving forward financially.

SO MUCH MORE THAN JUST BUDGETING

Setting a good financial foundation, like a budget, is always a great place to start. However, there are so many other facets to good financial management. This is where a financial coach can really help.

- Financial health check
- Money management
- Reaching financial goals & milestones
- Debt education & reduction
- Property purchase guidance
- Stopping over-shopping
- Money & relationships
- How & when to borrow money
- Stop living pay to pay
- Change to income or pay cycles
- Divorce or relationship separation
- Solo-parenting
- Redundancy or employment transition
- Understanding superannuation
- Investment education
- Transition to retirement education

CONTACT OR MORE INFORMATION

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WHAT DOES A FINANCIAL COACHING APPOINTMENT LOOK LIKE?

Your first appointment is all about discussing your most important financial goals, along with a financial health check. From there, your coach will map out a course tailored to your unique needs.

Appointments are often weekly or fortnightly to help keep you on track and can take place via phone or video meeting where required. You are free to attend on your own or with someone else (like your partner).

Your appointment is completely confidential and the information you provide will not be shared with any external party, including your workplace.

'It's never too late to start your journey to financial wellness'

FINANCIAL WELLNESS DOES MATTER:



1.8
MILLION

Australians suffer from financial stress



-8.9
HOURS PER WEEK

on average, financially stressed employees lose 7.7 hours from stress related presenteeism and 1.2 hours from stress related sickness per week



\$30.9
BILLION

per year lost in revenue by Australian businesses

BUT WE KNOW THE PERSONAL IMPACT CAN BE FAR GREATER:

Physical Health | Relationships | Mental Health | Family

SOURCE: AMP 2020 FINANCIAL WELLNESS REPORT

The information provided by your financial coach is for the sole purpose of education and guidance. These appointments do not provide personal financial advice or financial product recommendations. The information provided to you is general in nature. We do not sell financial products or provide credit in any form. We do not have any association or affiliation with any external financial institution or financial service providers.

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