

# Financial Capability Coaching



Firmer Foundations provides one-on-one coaching to help people build financial resilience and make better financial decisions.

The coaching is a **free**, non-judgmental, and confidential service for people in NSW that is delivered online or by phone.

Our approach draws on the strengths of the client and is tailored to meet their needs.

## Financial Capability Coaching Topics:

- **Our relationship and behaviour with money:** Exploring the unconscious motivations and strategies that underpin financial behaviours.
- **Understanding your financial situation:** Setting financial goals, understanding bills, and planning a financial independence journey.
- **Budget Planning:** Learning to control money and reducing stress by organising bills, exploring ways to decrease expenses, and developing a budget.
- **Planning Ahead:** Starting a financial journey by exploring additional income options, managing debts, and finding the right support services.
- **Utilities:** Learning how to make sense of bills, becoming aware of various government supports, and understanding how a Financial Counsellor can help.

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