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Financial Coaching FAQ

1. **Who is it for?**
   a. Anyone that has a personal financial goal or wants to set a financial goal and the means to pay for coaching from local, expert personal finance coaches.

2. **How much does it cost?**
   a. First session free
   b. $69 for drop-in session
   c. $59 for monthly EZ-Pay option that includes unlimited email and phone access to your coach & a discounted ($40) price for additional in-person appointments in the month.

3. **Why coaching?**
   a. Coaching begins with a goal or aspiration
   b. Coaching focuses on the future and developing a workable solution.
   c. Coaching is about facilitating the client's thinking and practical learning using questions and feedback.
   d. Coaching is a one-on-one process that is tailored to the individual's needs.

4. **How do I access my coach?**
   a. By appointment in our Lakewood Office
   b. By phone
   c. By email

5. **What topics can be addressed?**
   a. Student Loans
   b. Budgeting
   c. Saving
   d. Credit
   e. Debt
   f. Retirement Basics
   g. Consumer products – banking, car-buying , insurance, etc.

6. **What training and certifications do your coaches have?**
   Our coaches are certified by the AFCPE and have extensive motivational interviewing training along with content matter training on all of the areas listed in #5.