

FREE FINANCIAL COACHING

Do you need support to reach your financial goals?



Firmer Foundations is a free coaching program for women.

We focus on money management skills, knowledge and confidence!

Firmer Foundations values your expertise and capacity to make your own choices.

We offer

One to One financial coaching:

- Set your money goals and achieve them with the help of a trained financial coach
- Come for one session or many
- It's completely free!
- We can also help with referrals to specialist services such as financial counselling, employment programs or no interest loans (NILS) services

How it works

- Coaching is provided on an individual basis and is for women 16 years and older
- We are inclusive of non-binary, trans women and other gender diverse people
- Your life experience, knowledge, cultural and personal strengths are valued
- Interpreting support is available. Call us and ask for an interpreter if you need one
- If you are not sure give us a call. We're happy to answer all your questions and can tell you about other programs we run

To book a One to One Financial Coaching session:

Call Francesca Cathie or Emily Ninnes on **02 8571 7800** or email

francesca.cathie@goodshep.org.au

or emily.ninnes@goodshep.org.au



Firmer Foundations is proudly supported by the NSW Government Office for Women



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