

Do you have questions about managing your money? Are you ready to take the next step towards your financial goal, or looking to make changes? Are you in transition, such as from the military? A financial coach may be able to help guide you.

#### Contact:

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### About the program

Financial coaching is offered to you by Downeast Community Partners, serving residents of Washington and Hancock counties.

### Ready to get started?

Come prepared to take the actions required to meet your goals. One-on-one appointments and workshops available.

Make an appointment with our financial coach today.

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## Free professional financial coaching

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Your coach will help you identify your financial goals, create a plan, and track your progress.



A financial coach can help you plan and take steps to reduce or eliminate debt, build credit, pay bills on time, or save money for life events.

### **What is a financial coach?**

A financial coach is a trained professional who will guide you in a process that is non-judgmental and based on your goals. Your coach will help you identify your financial goals, create a plan, and track your progress.

### **How can a financial coach help you?**

Financial coaches provide support, encouragement, accountability, and tools to help you make informed decisions. In the coaching process, final decisions about your money always rest with you.

### **How does the program work?**

Through the financial coaching program, you receive free, one-on-one sessions with a financial coach certified by the Association for Financial Counseling and Planning Education.

#### **One-on-one**

Your coach will work with you, one-on-one, to help you identify your financial goals, create a plan, and track your progress.

#### **Personalized**

The coaching relationship starts with you. Your financial coach will meet with you wherever you are on your financial journey.

#### **No cost to you**

The financial coaching services are offered at no cost to you and with no strings attached.

### **Why should you participate?**

#### **You're ready to make a change**

You're making a change in your life, such as getting a new job or transitioning from the military to civilian life, or saving for life goals, such as buying a car or home.

#### **You're going through a transition**

You're open to the coaching process and ready to take the steps you need to take control of your financial life.

#### **You'd like to reduce stress**

Financial stresses create barriers to attaining your goals. Taking control of your financial life through financial coaching can help.

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