

Your money or your life!

Realize your financial power with Jeanine Cogan, Financial Coach

Do you feel financially stable or out of control? Are you financially successful or barely making ends meet? What are the barriers keeping you from your financial power?

In today's world it is common for people to have unspoken fears about money and finances that limit their financial success. You can break through those by paying direct attention to this important area of your life.

Let's make 2008 your year of financial clarity and power!

As a financial coach (NOT a financial planner) I initiate conversations about money that you normally **avoid** so you can break through your self-limiting beliefs. This clears the way for you to *realize your financial power*. Using proven tools I work with you to develop:

- 1) a clear understanding of your financial situation and
- 2) an attitude/approach for using your money wisely

The 6 week *Financial Possibilities Coaching Package* includes:

- Six 1 hour coaching sessions (in person or over the phone)
- The money autobiography to uncover your attitudes towards money that are the foundation for your actions or lack of action
- An in-depth review of your credit report so you know your FICO rating and improve your score as needed
- The cash flow workbook to clarify your financial reality
- The EQi - an assessment tool on emotional intelligence to see how your strengths and weaknesses can support or undermine your financial power
- Booster session: A 3 month follow-up coaching session to support you in reaching your financial goals

Cost of package is \$1500. Call 202-352-3208.

Now is the time to act. With tax season around the corner there is no better time to gain financial clarity.

"In financial coaching with Jeanine, I uncovered a key barrier to my goal of buying a house. I **became aware of my attitudes towards money** - my possessiveness of it, my reluctance to spend it, and my fear of running out of it. I also **clarified my financial situation** and determined that I actually have enough money to buy a house. Now I understand the importance of **managing my anxiety** about spending money so that I can move forward on purchasing a house. This is the first step to creating a dream come true!" *Lori, federal employee, coaching client*



Jeanine Cogan, Ph.D. is a psychologist and certified coach with extensive experience in successfully empowering others to take positive, forward moving action in their lives. Jeanine received additional training as a financial coach and is certified to review credit reports and administer the EQi. Jeanine has coached a wide array of professionals including CEO's, directors, managers, small business owners, government and non-profit employees, writers, musicians, artists, teachers, and professors. For a more extensive bio please go to www.CoganCoaching.com.