

FINANCIAL WELLNESS 2020!



WHEN: Tuesday Nights starting Feb 4th from 7:30 to 8:30pm

WHERE: 2850 Johnson Ferry Rd, Suite 200, Marietta GA 30062

COST: A 6-week class for \$180 (\$30/session)

Are you happy with your finances? We are about to move to a new year, and we are all setting goals for 2020! Finances are always a big part of our lives and are often a painful subject.

It does not have to be a tough subject to address if we are properly educated about it and work on improving our relationship with money!

Learn from two experts, Alex Mueller, Financial Advisor, and Sophie Webster, MBA from Emory specialized in Finance and Certified Life and Health Coach in this Tuesday nights 6-week workshop for \$180 (\$30/sessions). The class is running from Feb 4th to March 10th.

Alex will be our guest speaker for a few of the 6 sessions to educate you on all money matters so you will be in a perfect position to succeed in your financial goals.

Sophie will explore with you your relationship with money and how to improve it so you can be successful at reaching your goals. CBT(Cognitive Behavioral Therapy) will be used to challenge you and help you overcome past struggles with money.

In that support group, you will be able to define what beliefs are serving you and the ones that are a detriment to your financial wellness. Based on your newly acquired knowledge, you will set new goals for 2020, decide on a strategy, and get the guidance to implement your strategy successfully.

Because money and financial situations could be a touchy subject, all information and conversations shared in the class shall remain confidential. Goals will be set as a percentage versus straight numbers to help protect the confidentiality of all members.

Members will learn from Alex and Sophie but also from other members of the group who are welcome to share their experiences and struggles.

The setup of this support group is quite unique because it has 3 components that most financial classes miss:

- Addressing your financial education on personal finance and investing
- Learning about the psychological side of finances and improving your personal relationship with money

- Giving you expert guidance on setting a strategy and implementing it.

Don't wait to book your spot since the group is a small group for optimum learning and implementation of goals. You can add yourself as an attendee on here or contact Sophie at laureavidawellness@gmail.com.