Financial Therapist Network Listing

Contact Information

Name **: Jenn Steliga**
Company: Jenn Steliga Coaching LLC
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Professional Services	Financial Coach; Financial Coach-In-Training Consultant
Practice Approach	I use a solution-focused approach along with many elements of positive psychology to include appreciative inquiry, strengths-based exercises and narrative practices (understanding your money narrative and identifying/rewriting your money stories). Together we assess your foundational financial data: income, debt, savings, cash flow, budgeting. We'll then develop a plan to create the necessary habits to help you achieve your stated goals. My commitment to you is to provide you with impactful services, guiding you in a non-judgmental and inspiring way, so that your relationship with money will be forever changed for the better.
Client Focus	Anyone looking for help on one or more of the following: budgeting/cash flow management, debt elimination, college planning, wealth building, inherited wealth, teaching children wise ways to handle their money.
Typical Client Profile	Age: Any Gender: Any
Licenses/Certifications/ Designations	Nationally Certified Counselor (NCC), Board Certified Coach (BCC), Ramsey Solutions Master Financial Coach
Education	BS, Humanities, US Air Force Academy; MA, Human Resources Development, Webster University; MS, Marriage and Family Therapy, Capella University
Fee Structure	Monthly Packages
Years in Practice	5 years
Professional Association Affiliations	Financial Therapy Association; Institute of Coaching (IOC) at McLean, Harvard Medical School Affiliate
Do you work *at a distance* such as with Skype?	Yes, exclusively. I use Zoom Video Conference.
Research Interests	N/A

Personal Statement

My journey to financial freedom was marked with unhealthy narratives about money. For years I believed I shouldn't want more; and if I did aim to accumulate wealth or seek a higher paying job, that somehow that made *me* wrong. These beliefs translated to behaviors, and I eventually worked myself into a pile of debt with no savings ... all while earning a very good income. I now have a much healthier relationship with money and am committed to helping others re-write their stories, provide practical and actionable coaching services, and give hope for those who don't believe their financial situation can get better. My commitment to my clients is to provide impactful services in a non-judgmental, inspiring, and friendly manner. I will guide you in developing dreams for your desired future so that you can experience the freedom of an intentional life.