

Katy Almstrom
Money Coach

(603) 707-1893

katy@almstromcoaching.com

www.katyalmstrom.com

Why Katy?

- Real-world experience: Former teacher who paid off $40K

- Proven results: Clients paid off $1M+ in debt

- Approachable expertise: No shame or judgment

- Flexible formats: Virtual or in-person

Helping employees transform financial stress into confidence

Available Workshop Topics

Breaking the Money Chaos Cycle

Why good income doesn't equal good money management

Employees will discover the 3-part cycle keeping them stuck (no awareness → no purpose → no decision-making system) and learn practical tools to create immediate financial clarity. Includes quick wins they can implement THIS WEEK to start breaking free from money stress.

Guilt-Free Spending That Actually Works

Create a spending plan you can stick to (without giving up your life)

Learn why traditional budgets fail and what works instead. Employees will build a values-based spending framework that includes joy and fun money while still hitting financial goals - no deprivation required.

Your Sustainable Debt Payoff Strategy

Get out of debt AND stay out (without eating rice and beans for two years)

The 3-part strategy for joyful debt freedom: Guilt-Free Spending + Strategic Savings + Smart Debt Payoff. Employees learn why they need to save WHILE paying off debt and get a clear path forward that doesn't require putting life on hold.

Money Systems That Work For Real Life

Set it and forget it: Financial organization for busy professionals

Perfect for overwhelmed high-achievers. Employees learn simple automation strategies and create sustainable money management systems that require minimal time and mental energy - even during chaos, travel, and life transitions.

Workshop and Coaching Options

90-Minute Workshop: Starting at $1200

Full-Day Package Workshop + 1:1 coaching sessions: Starting at $2000

Ongoing Partnership with quarterly workshops + 1:1 coaching sessions: Starting at $6500 annually

References and testimonials available.