



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

Workshop and Coaching Options

- **60-Minute Workshop**
Starting at \$750
- **Full-Day Package**
Workshop + 1:1 money coaching sessions with employees
Starting at \$1,900
- **Ongoing Partnership**
Quarterly or biannual workshops with different topics
Contact for pricing

Helping employees transform financial stress into confidence

➔ Breaking the Money Chaos Cycle

Why good income doesn't equal good money management

The Challenge: Employees are stuck in a cycle where they lack financial awareness, clear purpose for their money, and a decision-making system. This leads to constant money stress and workplace distraction.

The Solution: Discover what's keeping them stuck and gain practical tools for immediate clarity. Quick wins they can implement THIS WEEK to break free from financial stress.

➔ Guilt-Free Spending That Actually Works

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

The Challenge: Traditional budgets fail. Employees battle constant guilt and decision paralysis over every purchase, impacting confidence at work and home.

The Solution: Learn what actually works—a values-based spending framework that includes joy while hitting goals. No deprivation. No shame. Just sustainable progress.

➔ Your Sustainable Debt Payoff Strategy

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

The Challenge: Debt creates constant background stress. All-or-nothing thinking leads to burnout while interest keeps piling up.

The Solution: The 3-part strategy: Guilt-Free Spending + Strategic Savings + Smart Debt Payoff. 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

The Challenge: Financial management requires too much mental energy. Systems fall apart during work demands and life transitions, creating chaos and missed payments.

The Solution: Simple automation and sustainable systems requiring minimal time—even during chaos, travel, and transitions. Free up mental bandwidth for work that matters.