

FINANCIAL CHALLENGES?

YOU'RE NOT ALONE.

Financial stress doesn't have to control your future. Free financial coaching is available to help you make informed money decisions with confidence.

WHAT IS FINANCIAL COACHING?

Financial coaching provides guidance and education to help improve financial wellbeing and support informed financial decision-making.

BUILD YOUR FINANCIAL FLEX

- Budgeting and money management
- Credit restructuring recommendations
- Financial goal setting
- Financial life cycle review
- Theft/scam awareness
- Debt counselling
- Formal Debt Review [NCR-accredited]

ONE SUN WELLNESS PARTNERS:

Graviton - Financial advisory services

Sanlam Pension Fund - Retirement matters

Standard Bank Pension-Backed Home Loans
paymenow

WHEN AND HOW?

Access the service 24 hours a day, 7 days a week.

Coaching sessions are available during working hours: 08:30 – 16:30

LIFEASSIST OFFERS **DEBT COUNSELLING** AND **FINANCIAL COACHING** FOR YOU AND YOUR HOUSEHOLD DEPENDENTS.

LifeAssist does not sell policies, invest on your behalf, grant loans, do tax returns, or provide conveyancing services.



COUNSELLING . LIFE COACHING . HEALTH ADVICE



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