



## About Cecilia



Have you ever felt lost or overwhelmed when trying to manage your money? Have you ever felt guilt or shame with money decisions you've made in the past? Money intertwines with nearly every aspect of our lives, and its power can make it an intimidating problem to fix. Cecilia uses a direct but gentle method of exploring your past, understanding your values, and helping you find your own path to money health and success.

Cecilia knows that the secret of success with personal finance is (1) healing your relationship with money first and foremost (2) learning techniques that work with your personality and situation and (3) creating money habits that are as natural as breathing. She has done the inner work to heal her own relationship with money, and is now debt free. She now brings those lessons to you.

## Speaking

Knowing how to budget is only a small part of financial health. This talk is about the more important, but often neglected aspect of personal finance - the **emotional** aspect of money.

Learning how to heal your relationship with money will transform budgeting into one of joy and alignment with your values. I will share the 3 keys to a healthy relationship with money:

- Three ways to heal your relationship with money
- Three techniques to manage your money with joy
- Three ways to establish your new money groove

Come learn how to transform your chaotic financial situation into one of peace and joy, learn techniques to get out of the paycheck-to-paycheck cycle, and become debt-free, and establish lifelong habits and patterns that help your money stay in sync with your life and values.



**Contact Cecilia to create your new relationship with money**