Stress is something we all experience. Financial and emotional strains are common, routinely appear together, and can significantly influence our lives. Successfully reducing these stressors is key to overall wellness. We’ll discuss several common obstacles to feeling in control of our finances and the emotional and financial implications of different stages in life. We’ll also talk about resources and how professionals can help.

The conversation will feature two professionals:

Dr. Megan McCoy  
Ph.D., LMFT, AFC®, CFT-I™  
Assistant Professor, Financial Therapist, Researcher, Writer & Speaker

William Wesley  
MBA, JD  
Money Coach, Author & National Speaker

What we’ll discuss:

- Why is managing spending so difficult?
- Do financial problems lead to mental health challenges or vice versa?
- Employer-sponsored benefits that can help
- Answers to frequently asked questions

Tuesday, May 14th

Brought to you by your EAP

Don’t miss this opportunity to hear two perspectives on managing our emotional and financial well-being!

9:00 am PT

Save the date and register now!

Feel more in control of your financial future.

Call your EAP to schedule a coaching session.

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