

Six ways money coaching can help you manage your finances ♦

1

Budgeting like a boss

Discover how to build and balance a household budget. Keep everything in one place using a free, online budgeting tool.

2

An acclaimed money management system

Manage your finances in a new way, using a professional system that's proven to work.

3

Super saving

Find ways to save more and get the most out of your spare cash.

4

Credit where it's due

Learn how to use credit wisely and navigate unmanageable debt.

5

Spend smart

Explore the difference between essential and optional spending and find ways to realistically cut costs.

6

Accessible and inclusive

Featuring practical activities, discussions, videos, opportunities for one-to-one coaching and your own personal journal, you can learn in a way that's relevant to you.

Mondays 7.30pm - 9pm
Starting 3rd June for four weeks
At The Freedom Centre, Unit 6 Greatbridge
Business Park, Romsey SO51 0HA

Book your free place,
contact: Sara on 07907 414633

Try money coaching

Find your nearest course at:
capuk.org/trymoneycoaching

01274 760567 | moneycoaching@capuk.org

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Dan and Chloe - couple and
money coaching participants



Don't fudge it. Budget.

Money is on all our minds right now. The Freedom Centre is here to help you manage yours with free, expert money coaching in your community.

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christians
against
poverty
CAP

'The money coaching activities gave us an opportunity to have those conversations about where we think we should be spending our money.'

Dan & Chloé – couple and money coaching participants

4,400+

people received money coaching from their local church in 2022



Money management for all

Delivered by local churches in partnership with Christians Against Poverty (CAP), money coaching is a **free** service designed to empower you with the knowledge, skills, tools and confidence to better manage your finances. Anyone can benefit – from those who've been using a budget for years to those struggling to get to grips with their spending.



From the experts

Money coaching is designed by CAP, a widely recognised charity that has helped tens of thousands of people take control of their finances. We've drawn on over 25 years of experience to bring you a money management course that really works.

The course includes a series of videos featuring some of the most knowledgeable people the UK has to offer. From specialists in saving and spending wisely to credit and debt professionals, you'll receive guidance that's second to none.



Through a friendly local church

We're proud that money coaching is delivered face-to-face through a friendly local church that has a unique understanding of your community. You'll learn in a group alongside like-minded others, and you'll have the support of a trained Money Coach.