

# Develop Your Money Savvy with Money Coach Katherine Davidson

TERESA • SHEVCHENKO

Money really does seem to make the world go around. While most of us would like to have more of it, learning how to better manage your finances can help you live the life you want with the money you have. Katherine Davidson is a money coach, representing a growing profession across Canada, who specializes in motivating and educating her clients on taking control of their finances. A money coach works on a fee only basis, to help individuals clarify their financial and life goals in order to develop healthy spending habits, eliminate debt and



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create a saving plan that really works.

"Money affects almost every aspect of our lives," says Katherine, financial advisor turned coach. "I recognized that what a lot of clients need is someone to guide them through the basics of per-

sonal money management. Learning how to control your finances is very empowering and essential to building the life you want."

Money coaching differs from financial planning in that coaches do not sell financial products but rather focus solely on money education. During an initial one-on-one consultation, Katherine meets with her clients to ensure that money coaching is the right fit. Then over a period of three or four months, she focuses on determining short and long term goals, designing effective spending and saving plans and developing strategies for eliminating debt and adopting healthier money habits.

"I think in general people are more careful with money right now and want to regain or establish a sense of control

and that is what coaching is all about," says Katherine, an associate of Money Coaches Canada and Kingston's first money coach. "Helping people manage their finances more effectively and prepare for the future can make a huge difference in their lives."

With earlier career experience in education and her financial planning expertise, money coaching is a natural fit for Katherine. In addition to working one-on-one with clients, she also frequently leads group sessions designed specifically to educate women and children about smart money management.

For more information, visit [www.moneycoachescanada.ca](http://www.moneycoachescanada.ca) or contact Katherine at 613-549-8999 or [katherine@moneycoachescanada.ca](mailto:katherine@moneycoachescanada.ca).