Averil Maher Coaching

Money Mindset Coaching

Change your money mindset. Build confidence. Create new possibilities

Is your relationship with money holding you back?

Money influences so many of the decisions we make, yet our beliefs and attitudes towards it are often shaped long before we start earning or managing money ourselves.

Perhaps you find it difficult to charge what you're worth, feel uncomfortable talking about money, worry about not having enough, or struggle to feel confident about financial decisions.

Even when your business is doing well, old beliefs and habits can quietly influence how you think, feel and behave around money.

My **Money Mindset coaching programme** helps you explore your relationship with money, understand the patterns that may be holding you back and develop a more positive, confident approach to your financial life.

It's about changing the way you think and feel about money so you can make choices that better reflect your goals, values and aspirations.

What You'll Learn and Achieve

Through our work together, you'll learn how to:

- **Understand your money story** and recognise how past experiences have shaped your current beliefs and behaviours.
- **Identify limiting money beliefs** that may be influencing your confidence and financial decisions.
- **Recognise unhelpful money patterns** and develop healthier ways of thinking and responding.
- **Build confidence in your personal value** so you feel more comfortable charging appropriately and receiving money.

- **Reduce money-related worry and self-doubt** and approach financial conversations with greater ease.
- **Develop a more positive relationship with money** based on your own values, goals and priorities.

A Healthier Relationship With Money Starts Here

Changing your money mindset isn't simply about earning more. It's about feeling more confident, making conscious choices and allowing money to support the life and business you want to create.

With greater awareness and the right support, you can begin to move beyond old patterns and develop a relationship with money that feels more positive and empowering.

When you invest in the Money Mindset Coaching you'll receive;

~ Personal 1-1 coaching
~ A Free Sacred Money Archetype assessment and reading
~ The Money Clutter Checklist
~ Workbook including tools and techniques

Let's have a chat.

If you're ready to explore what's possible when you change the way you think and feel about money, I'd love to hear from you. Book a complimentary introductory call and let's explore how this programme could help.

Book Your Free Introductory Call *Click here*



Averil Maher Certified Business, Life and Money Mindset Coach

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