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One in five workers reports feeling high levels of stress, and the top two drivers for this are economic: their jobs and their financial situations.¹ This stress affects not only the individuals experiencing it, but also the organizations employing them. Financial strain is related to reduced work productivity; increased risk for physical ailments such as fatigue, headaches, ulcers, and anxiety leading to increased absenteeism; and lower levels of pay satisfaction and organizational commitment. In one study, four out of five employers reported that their employees' personal financial issues are negatively impacting their job performance.² You can help reduce your employees' financial stress and increase productivity by offering individual financial coaching as an employee benefit.

Financial Coaching through Apprisen

Apprisen is a 501(c)(3) nonprofit credit counseling agency accredited by the Council on Accreditation, Better Business Bureau, National Foundation for Credit Counseling and HUD. Our mission is empowering people to improve their financial well-being through counseling/coaching, community outreach and financial education. In our 60 years of service we have served over half a million individuals.

Thanks to generous funding from the Nina Mason Pulliam Charitable Trust, Apprisen has been awarded grant funds to work with employers to offer Financial Coaching as a benefit to their employees. Through this program, you can offer individual financial coaching to your employees for a low cost for each employee who signs up!

In a series of individual holistic coaching sessions over a 6-month period, participants will:

- Set personalized financial goals and create an action plan for achieving them.
- Review credit reports with a coach and learn how to address issues and identify ways to strengthen credit.
- Have convenient access to their coach in person, by phone, or by email.
- Get access to free financial tools online such as webinars and Apprisen's Money Minute Blog.

The best part? Employees receive \$50 for completing the Financial Coaching program!

Space is limited! If you would like more information on how your organization can participate in the Financial Coaching program, please contact Lisa Piercefield, Regional Operations Manager, at (317 266-1300 ext. 1472 or email lisa.piercefield@apprisen.com.

1. Lockton Financial Advisors (2016) *Finding the Links Between Retirement, Stress, and Health*
2. International Foundation of Employee Benefit Plans (2016) *Financial Education for Today's Workforce*