

#### **EPISODE 03**

Speaking Up: Your Money Life at Work & at Home

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THE W SOURCE™



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## WHY IS IT CRUCIAL FOR WOMEN TO SPEAK UP ABOUT MONEY?



### WHEN WOMEN DON'T SPEAK UP ABOUT MONEY...





### WHAT GETS IN THE WAY OF MONEY-TALK?

- Your Personal Narrative
- Work Culture
- Home Culture



### SPEAK UP & BE AN EVEN BETTER BUSINESS WOMAN



- Research pay structure industry-wide, at comparable firms, and at your firm.
- Negotiate as though you were negotiating for a friend.
- Shine and participate at business meetings.
- Review and maximize retirement benefits.



## SPEAKING UP & STRENGTHENING FAMILY RELATIONSHIPS







Model and teach responsible money management to children beginning at age 3!

Couples who have frequent money conversations report happier relationships.

Anticipate how to manage caring for an elderly parent/family member while working.



#### SPEAKING UP REMINDERS

#### **AT WORK**

- List your business value: accomplishments, skills, and contributions.
- Show up and speak up in business meetings.
- Analyze your retirement plan and adjust accordingly.

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### SPEAKING UP REMINDERS







# money coaching for women



Now is the time to create money clarity, refine your money habits, and simplify your money life.

Sharon offers



Personal, focused support for consistent results

Sessions



Small Group Facilitation

You and your friends get real about money in a safe environment - also available with online groups



Interactive Workshops

Learning through collaboration moves us forward together



Speaking Engagements

Signature talks:

Speaking Up: Women and the Money Talk Taboo

Speaking Up: Money, Marriage and Minefields