



# Financial Coaching

## Personal Finance Manager

MFSCPFM@us.navy.mil  
(301) 319-4087



### FREE FINANCIAL COACHING

You can get help, assistance and guidance from an accredited Financial Counselor for FREE.

We have financial resources and answers.

Get help with:

1. Analyzing your credit report or credit scores
2. Discussing your investments and retirement (TSP) options
3. Creating a budget/spending plan
4. Developing a game plan for working with sticky debt problems
5. Preparing a financial action plan for separating or retiring
6. Working up a detailed savings plan for a major purchase (like a house or car)

### FREE FINANCIAL EDUCATION CLASSES FOR YOUR WORKPLACE

The NSA Bethesda Military & Family Support Center has an Accredited Financial Counselor who will work with your organization to present a financial topic of your choosing.

- Do you need to fulfill a general staff/employee training requirement?
- Does your organization want to better understand the Thrift Savings Plan (TSP)...what it is, how to sign up, how make investment elections?
- Do you want a presentation on credit reports and credit scores and their impact on credit standing, employment, and car insurance?
- Do you need a basic personal finance class for new employees or junior service members?

### FINANCIAL TOPICS WE CAN HELP WITH

- Credit Reports and Credit Scores
- Car Buying
- Investing (stocks, bonds, mutual funds and exchange traded funds)
- Home Buying
- Federal Service Retirement Planning
- Military Retirement Planning
- Identity Theft Protection
- Basic Budgeting
- Insurance Planning (life, health, disability and long term care)
- College Planning
- Survivor Benefits Plans
- Thrift Savings Plan (TSP)
- Blended Retirement System (BRS)
- Open Season Elections
- Holiday Spending Plans
- Security Clearance Budgeting
- Military Separation Capstone
- Teaching Kids About Money

Get help. FREE financial coaching. To schedule coaching for yourself or your department, please contact us.