

AS SEEN IN
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LEADING WOMEN IN BUSINESS | LAS VEGAS

A FORCE *for* FINANCIAL CHANGE

Financial and life coach Lisa Chastain helps young women make money simple and create rich, full lives.

Lisa Chastain is on a mission to change the way millennial women relate to money.

“Sixty-one percent of women say they would rather talk about death than money,” says Chastain, a No. 1 best-selling author, entrepreneur, and financial industry disrupter. “In my world, we talk about money all the time; it’s some of the most valuable work we do. We want to keep money simple so more women will have the courage to have open, honest conversations about their feelings toward money and how they can grow financially.”

An unshakable optimist who believes money management should be simple (and even fun), Chastain offers down-to-earth life coaching with a heavy emphasis on financial wellness through her full-time practice, Millennial Consulting LLC. “Financial coaching is life coaching and vice versa, because life is an interconnected web of investments in time, money, and people,” explains Chastain, who is trained as a financial advisor and life coach and has been working with millennials for nearly 20 years. “Women need to know what they make, spend, and keep every month, and they also need to know the ‘why’ behind those decisions. I help them clarify their ‘whys,’ know their goals, and put simple systems in place to reduce stress and increase their enjoyment of life.”

Chastain is no stranger to financial stress. In 2016, she found herself in deep debt and facing the failures of her marriage and business. “I felt like I was free falling with no way out,” she recalls. “My passion for this work grew out of my personal struggle. I turned my life around with the right tools, systems, and support, and now I empower other women to do the same.”

INVEST IN YOURSELF

In addition to her No. 1 bestselling book, *Girl, Get Your \$hit Together! #adulting YOUR way*, which teaches millennials how to own their money, live purposefully, and love their lives, Chastain offers women several ways to invest in personal growth, including private and group coaching sessions, online training, and signature live events like “Girl, Get Your \$hit Together Bootcamp” in Las Vegas.

After attending this one-day event designed to create a new money mindset, Bootcamp attendees walk away with a clear vision, a rock-solid plan, and Chastain’s powerful budgeting tools. And for women who want to level up in life and surround themselves with a like-minded sisterhood, Chastain offers her yearlong training program, The Academy, which helps independent, successful women take control of their money and take their lives to the next level.

“Women do not have to do this alone,” says Chastain. “With my help and our #tribe, women can stop stressing and start living rich, full lives.”



5 SIMPLE MONEY TIPS

- 1. SLOW DOWN:** Have the courage to take a deep breath and face the facts of what you make, spend, and keep in a month.
- 2. LOOK AT YOUR TIME:** How you’re spending your time will tell you a lot about where you’re spending your money.
- 3. EVALUATE RELATIONSHIPS:** Who in your life is helping or hindering your progress toward goals?
- 4. SEPARATE ACCOUNTS:** Create a spending account to regain control over your finances fast.
- 5. ASK FOR HELP:** Look for an advisor who knows money and is a good personality fit.