



Peak Performance Coaching Benefits are one-on-one coaching programs conducted by ESI Masters and PhD level coaches. In addition to having telephonic coaching and support you can access online self-help resources and trainings.

Certified Financial Coaches

- Budget Assessment (focus on savings & spending)
- Goal setting structure & support
- Focus on education

Financial Assessments

- Retirement Calculator
- Budget & Expenses
- Challenges & Opportunities for Success
- Stages of Retirement

Retirement Education

- **Purpose** - defining oneself, including stages of retirement, identity, wellness (physical, social & emotional)
- **Practical Issues** - including insurances, will & estate planning, assessing emotional wellbeing
- **Financial** - budgets that include daily living expenses as well as achieving goals set

