

The Money Whisperer



Sarah Mc Murray, founder of Relating to Money is a 'money coach'. A true transformer. A money whisperer.

Words: Sarah Sparks, Photo: Ruthie Stoffels

She has the knack of calmly probing deeper into your beliefs about money to miraculously change spending habits and prevent money meltdown by becoming more mindful.

Money is emotional. Her own "credit card shock" caused by a cycle of "binge and starve spending" prompted Sarah to change her relationship with money, which changed her life.

Financial Recovery Institute taught Sarah how to take care of financial obligations whilst honouring herself as a person. It was the stepping stone to a path of helping anyone who wants to feel empowered by money.

From widows having to cope on their own, those wanting a life whilst paying down debt, divorcees starting over again, parent's cash wrangling with teens over family expenses and even couples

wanting to get on the same page with their finances — Sarah welcomes clients from all walks of life and financial situations.

February is a critical month in this coach's annual calendar, as it's usually when all the New Year optimism slips. "People get caught up in the 'business' of their lives and money gets literally spent from under them."

Sarah can stop the cash bleed using a combination of personal counselling and user-friendly software which marries up financial goals with annual spending and tracks expenditure daily.

"Tracking is vital as it connects you to your dreams, so every day you are connected with the big vision of the year and as a result you become more deliberate about your spending choices for next week."

As an independent and discrete sounding board, Sarah helps many to confront their fears. "Actually looking at finances in detail gives certainty. It can be calming, centring and energising. All that free floating anxiety is eliminated," she believes.

Many people put off doing anything about their money situation because they're either in denial or imagine that being responsible with money means living a spartan life without joy, only spending on the absolute essentials.

Sarah baulks at that myth by showing clients how to meet their deepest needs and wants, even when paying down debt. "A want, when met, entertains you. A need, when met, sustains you."

For more information go to www.relatingtomoney.co.nz to book a no-obligation 20 minute phone call.

SARAH IS A REGULAR COLUMNIST WITH PARENTING MAGAZINE AND A PUBLIC SPEAKER.

Can you imagine feeling this calm and centred about your money?

You know that calm, centred, yet energised feeling you have after a great yoga class?

You can have that feeling about your money, too. I can help you with that.

Call me on 579 7162, or visit www.relatingtomoney.co.nz to find out how

