

WA Financial Coaching Network

August 28, 2024

2:00 - Welcome & Introductions

Thushari Gooneratne

- Guided meditation and quiet reflections

2:10 – Partner Spotlight

- [Lee Che Leong](#), Senior Policy Advocate with [Northwest Health Law Advocates](#)
- Expansion & Outreach: Apple Health Services for Immigrant Communities

2:30 - Partner Announcements

Ryan Davis, Members

- Coaching Mindsets in Tough Money Conversations Thursday, September 19 11a-12:30p PT <https://bit.ly/CoachingMindsets>
- 2024 Bank On Washington Annual Forum – Leading the Way: Embracing Financial Belonging, Oct 24-25 in Washougal, WA -- <https://bit.ly/BOWA-2024>
- Do you want to be a future Partner Spotlight?
- <https://bit.ly/FCN-Partner-Spotlight>
- Member announcements -

2:45 - Coaching Session

Thushari Gooneratne

10 min - Stress effects on physical, mental, and financial health

- 70% of stress comes from financial challenges
- High stress increases chances of health problems
- EAP Programs for employers

35 min - Conversation:

- 15 min: Option of joining small groups or staying in the big room.
 - o Do Medical Debt conversations feel different than other Debt conversations? Why or why not? How do you move forward?
 - o How do you reduce the negative feelings (shame, guilt, etc.) about asking for Financial Assistance Programs with your clients?
- 10 min: Bring the small groups back and report out
- 10 min: Expand
 - o What are the themes from the conversations?
 - o What are the resources we want to highlight?
 - o Who do you want to connect with after this meeting?