

WA Financial Coaching Network

March 25, 2026

2:00 – Welcome

Icebreaker question: What's something you do that makes you feel alive and most like yourself?

2:10 – 2:20 – Partner Spotlight: CENTS

Tony Leahy

2:20 – 2:50– Coaching Session: Self-Care For You!

- Well-Being Wheel of Life activity
 - We'll discuss and reflect on our own well-being through the lens of [the 8 pillars of well-being](#). You can [find the resource we'll be using here](#) and print prior to the meeting.
- Group Discussion

2:50 – Resource Share Out

- Community Announcements