

Green Bean Financial Coaching

Edward Hamilton's next step after a successful career in finance and investment in London and New York was towards the beaches and mountains of Catalunya. He moved to Barcelona and set up the Green Bean financial coaching company, to share his experience in money management and to empower clients to achieve their own financial freedom and fulfil their personal and business goals.



We make financial decisions all the time and by establishing an evaluation process one is more likely to come up with the correct solutions.

What practical skills do people learn through your coaching sessions?

Planning, and how to implement plans to hit your objectives. The ability to distinguish between positive and negative motivation, ie what helps you and what holds you back. You'll also gain a greater understanding of simple financial analysis and decision making processes. Whether its personal finance or small business coaching, the aim is to empower you to make informed financial decisions, by gaining new tools and skills that will help you achieve your goals now and in the future.

Who are the personal finance courses aimed at? They are designed to kick-start people to utilise smart money habits and understand savings and investments to maximise their money and put them on the road to financial freedom. It's never too early to start. Sometimes people tell us that they just don't have the money to take a course to improve their money situation. However, if they are not expecting a big payrise soon then it is often those that need a course the most as they need to take action to get out of that never-ending cycle of money worries.

And the business clients? Our type of business clients range from established small businesses looking to prepare for a sale through to entrepreneurs just starting out. We actually have a group course dedicated to entrepreneurs to help them learn the ropes and benefits of incorporating smart cashflow management and financial analysis in their business.

What is financial freedom? It's being able to make a decision based on your lifestyle and dreams rather than money. For example, deciding where to go on holiday simply because you'd like to go there. It's how much you want in order to meet your goals – for some people it would be more than for others. The key to achieving this is managing your money more smartly and creating passive income, investments and savings outside your career.

What is the most common misconception about money management? That it's not for you, and it's complex. But it can be simplified so everyone can understand and benefit.

What's the best way for someone who earns 1000€-1500€ to start saving?

Firstly look at your monthly income and expenses and set realistic saving targets, otherwise you'll struggle. Then set up a direct deposit from your current account into a separate savings account which transfers across automatically when you get your wages.

When is the right moment to start thinking about investing? You should always have an emergency fund of about 2-3 months wages for a rainy day. After that point you could look into your options, such as a higher interest fund, investing in the financial markets or adding to a pension. What you do next really depends on our goals and objectives

Can you share 3 useful coaching tips for businesses? Firstly allocate some time every day to focusing on your business strategy. Go back to the numbers, review your monitoring techniques and make sure you understand your profitability and key performance indicators. And reaffirm your goals and objectives to make sure the way you're leading your business fits these objectives.

And some tips for personal finance? Review your monthly expenses especially the "painless expenses" you could cut without any great changes, like that second cup of coffee every day or a membership you don't use. Focus on paying back any credit card debt, and then set up a direct debit into a savings account. Also try gain more awareness about personal finance, the money section of the papers is now written for everyone, start reading it and familiarise yourself with the different financial products available.

Can improving financial management have a positive impact on other aspects of your life? Yes, the fundamental process involves increasing awareness, creating plans and having goals and objectives, which are useful in all aspects of one's life. I'm not a financial advisor, I focus on financial coaching, which is essentially personal development.

For more information about courses, and for a complimentary coaching session, contact Edward on 693 940 701 or edward@freegreenbeans.com. www.freegreenbeans.com

"The best way out is always through." Robert Frost

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