

About Christine Luken

Christine Luken, the Financial Lifeguard, is a speaker, author, and Certified Financial Coach. She helps people who feel like they are drowning financially get to a safe place and catch their breath, and then she teaches them how to swim. Christine has a Bachelor's degree in Accounting, with minors in Business Administration and Psychology. She is an active member of the Financial Therapy Association.

Christine has over ten years of financial counseling experience, both with individuals and small business owners. She has learned through experience that money issues can be very stressful, and even smart people do dumb things with their finances. She's made many of those mistakes herself, which is why people feel comfortable opening up to her and sharing their money struggles.

Christine teaches her Mindful Money Academy classes and webinar for employers across the country. She brings a fresh and innovative approach to Money Wellness that both employees and management value and enjoy. Her goal in life is to help as many people as possible to become – and stay - financially healthy.

Christine is the author of *Money is Emotional: Prevent Your Heart from Hijacking Your Wallet*.