

**PRESS RELEASE**  
For Immediate Release

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**Two South Shore Women are on the Money**

Kathleen Burns Kingsbury, Founder of KBK Connections, Inc. based in Quincy, MA and Stacey Shipman, Founder of Let it Flow, based in Weymouth, MA have teamed up to help women improve their financial health. While individuals such as Suze Orman and Jeanne Chesky teach the mechanics of finance, Kingsbury and Shipman teach women how to identify and manage the emotions around money. Without changing your thoughts and beliefs about wealth, changing your behavior becomes a losing battle.

One key component to achieving financial security is increasing your cents-ability. Kingsbury defines cents-ability as having knowledge about money, skills to manage money and insight into one's relationship with money. Her background as a cognitive behavioral therapist and business coach helps her assist women in her workshops examine the childhood messages they received about money that are impacted their behavior today.

Many women avoid looking at their checkbook balances or credit card debt due to stress. This is where Shipman comes in to teach participants how to slow down, breathe and manage stress. She is an accomplished motivational speaker, a certified yoga and meditation instructor and gifted at helping people slow down and tap into their body's wisdom. Kingsbury and Shipman decided to collaborate about a year ago at a women's networking event. "It became clear we both felt passionate about helping women of all ages be financially and emotionally healthy. For many women, there is stress related to managing money and it just made sense to do this work together." states Shipman.

Both have been busy presenting workshops for women's organizations such as the Downtown Women's Club and the South Shore Business Network. They have appeared on radio shows such as *McNamara on Money* and will be hosting weekend retreats on the topic this summer.

KBK Connections, Inc. offers coaching, workshops and corporate training. Recently, the company started a Women and Money Blog entitled "Women & Money: Making "cents" of your personal and professional finances." You can link to it by visiting the company's website at [kbkconnections.com](http://kbkconnections.com). Let it Flow offers corporate training, stress management, yoga and communication seminars, hosts the cable show, Back to Your Senses, and has a Back to Your Senses Blog that teaches readers how to be healthy in all aspects of their lives. For more information about Let it Flow, visit the website at [www.letitflowfitness.com](http://www.letitflowfitness.com).

According to Kingsbury, "Women are great at helping each other out. Now we need to support each other in our quest for financial health and wellness.

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