

A woman with long dark hair, wearing a blue dress and a necklace, stands in front of a graffiti wall. She is holding a purple martial arts gi (jacket and pants) with a large pink rose on the chest. She is also holding a purple belt with a 'KARATE' logo. The background is a colorful graffiti wall with various figures and patterns.

Teneale Laister

ALMAN PARTNERS

You don't need to be wealthy to be financially healthy.

It's a common misconception that only the rich can benefit from strategic financial planning, but small incremental changes in habits can benefit any financial situation.

Sometimes all you need is some good advice and a plan in place to turn your bank balance from zero to hero.

As Teneale Laister confirms, taking charge of our wealth starts by focusing on what we want our money to do for us and then making decisions in that direction in a disciplined manner.

"We empower people from all walks of life to make small financial changes to produce big results. We strive to make this advice available to everyone; from young people wanting advice on the purchase of their first home, to people whose financial circumstances change suddenly due to death or divorce. These are hugely emotional times for people and it can often be the first time that someone faces their financial future without a significant other who may have previously controlled the finances.

"Aged care is also another consideration that people don't realise we can assist with. In addition, we can offer advice and support around Centrelink payments," Teneale said.

Teneale started her career in a local law firm, but a mentor guided her toward the field of financial planning. It's not a career often considered and Teneale says that it's a very rewarding career choice to help people achieve personal growth and stability.

She started at Alman Partners in 2008 before finishing her Bachelor of Commerce (with Distinction) and an Advanced Diploma in Financial Services through Deakin University in 2012, majoring in Finance, Financial Planning and Management. She became Partner at Alman Partners in early 2016.

As well as a strong mind, Teneale takes time to nurture the strength of her body also. She has a Purple Belt in Brazilian Jiu Jitsu and plays soccer for City Brothers. Yoga is her 'me-time' where she can zone out from the mental fatigue of work and raising a family. She has a five-year-old son and says it's having a strong relationship with her husband that makes being a full-time financial planner and a mother a possible combination.

"Communication is key for us, we tell each other if we're tired, stressed or hungry and both share the household responsibilities. We switch off from work at home and make an effort to be present as well as practice self-care. Everyone needs to take time to be kind to themselves," she said.

Don't leave your financial future to chance. Contact Teneale at Alman Partners and discover the strength and stability of true wealth for yourself.