Linda Grizely — Master Bio Set

Grizely is pronounced GRIZ-lee, like the Grizzly bear 🐻

Long Bio

Linda Grizely is a financial wellness speaker who partners with organizations to reduce the hidden cost of employees' personal financial stress — the cost that quietly shows up as lost focus, lower performance, and retention challenges.

Linda speaks to employees, ERGs, associations, HR leaders, and leadership teams across the country, in person and virtually.

Through her human-centered approach to money, Linda helps audiences bridge the gap between financial knowledge and real-life decision-making. Her programs go beyond traditional financial literacy to explore the behavioral, emotional, and practical realities that shape how people earn, spend, save, invest, and plan for the future.

Linda is a CERTIFIED FINANCIAL PLANNER® professional with a master's degree in Financial Services and a dual-major bachelor's degree in Human Resources Management and Marketing. Her background spans holistic financial planning, leadership, business strategy, marketing, human resources, nonprofit consulting, association leadership, and sales.

Her signature keynote, The Human Variable™, explores the identity, money history, and emotional conditioning behind financial decisions. She is the creator of the MeMoney® Method, a framework that replaces guilt-based budgeting with clarity, confidence, and intentional action, and host of the Real Money, Real Life® podcast. In 2026, MeMoney® was named a finalist for a Money Awareness and Inclusion Award.

Her perspective is shaped by what she calls her "many financial lives" — including becoming a single teen mother, being a suburban married mother of three with financial abundance, rebuilding after divorce, and returning to school as an adult before building her career in financial services.

As seen in the Chicago Tribune, Yahoo Finance, MSN Money, WSJ Buy Side, and MarketWatch Picks.

Medium Bio

Linda Grizely is a financial wellness speaker and personal finance expert and educator.

Her human-centered approach to money helps bridge the gap between financial knowledge and real-life decision-making. Because money is not just math.

Linda is a CERTIFIED FINANCIAL PLANNER® with a master's degree in Financial Services and a dual-major bachelor's degree in Human Resources Management and Marketing.

Her signature keynote, The Human Variable™, explores the emotional conditioning behind financial decisions. She is the creator of the MeMoney® Method, a framework that replaces guilt-based budgeting with clarity, confidence, and intentional action, and hosts the Real Money, Real Life® podcast.

Her perspective is shaped by what she calls her "many financial lives" — including becoming a single teen mother, being a suburban married mother of three with financial abundance, rebuilding after divorce, and returning to school as an adult before building her career in financial services.

Short Bio

Linda Grizely, CFP®, is a financial wellness speaker who partners with organizations to reduce the personal financial stress that's quietly costing them focus, performance, and retention. Through a human-centered approach, she helps audiences bridge the gap between financial knowledge and real-life decision-making. Her signature keynote is The Human Variable™; she is also the creator of the MeMoney® Method and host of the Real Money, Real Life® podcast. As seen in the Chicago Tribune, Yahoo Finance, MSN Money, WSJ Buy Side, and MarketWatch Picks.

Two-Liner

Linda Grizely, CFP®, is a financial wellness speaker and creator of the MeMoney® Method. She partners with organizations to reduce the personal financial stress that's quietly costing them focus, performance, and retention.

One-Liner

Linda Grizely, CFP®, is a financial wellness speaker helping organizations reduce the hidden cost of employee financial stress.

Bio for Financial Professionals — CE talks, advisor conferences, RIA/practice-management audiences

Linda Grizely, CFP®, is a behavioral finance speaker, educator, and founder of the MeMoney® Method, a behavioral finance framework for understanding client spending patterns and follow-through. Her work explores "the human variable" in finance — the emotions, money history, personality patterns, and real-life pressures that shape financial decisions. Linda helps financial professionals bridge the gap between technical advice and real-life client behavior, building trust, reducing defensiveness, and improving implementation. She also practices as a fee-only, advice-only financial planner through Nectarine Financial.

Bio for Training & Facilitation

Linda Grizely is an experienced educator, trainer, and facilitator with a diverse professional background spanning financial services, human resources, leadership, management, nonprofit organizations, marketing, sales, and business.

Linda holds a Master's Degree in Financial Services and a Bachelor's Degree with dual majors in Human Resources Management and Marketing. Her professional training and credentials include Certified Conflict Manager (CCM™), Corporate Leadership Certified (CLC™), and Change Management Specialist (CMS®) through the Management & Strategy Institute. She is also a Maxwell Leadership Certified Team Member, with certification encompassing facilitation, speaking, coaching, and training on approved personal and professional development content.

Throughout her career, Linda has held executive leadership and management roles with responsibility for human resources, team leadership, operations, organizational effectiveness, employee development, and navigating workplace challenges. She is a former aPHR credential holder, SHRM member, and local SHRM board member.

Linda is also a CERTIFIED FINANCIAL PLANNER® professional, Chartered Advisor in Philanthropy®, and licensed Life and Health Insurance professional but does not sell products or earn commissions.

Her nonprofit and governance experience includes serving as Executive Director of a 501(c)(6) chamber of commerce, serving in multiple board positions with 501(c)(3) organizations, and founding and operating a nonprofit consulting business. She holds a Certificate of Nonprofit Board Consulting from BoardSource, with training focused on nonprofit board governance and effectiveness. She also holds noncredit certificates in Non-Profit/Public/Organizational Management from the University of Illinois Chicago and Professional Fundraising from Boston University Metropolitan College, with additional training spanning nonprofit strategy and operations, fundraising, grant writing, program design and evaluation, donor development, major and planned giving, and volunteer leadership.

Linda’s combination of academic training, professional credentials, and hands-on leadership experience allows her to facilitate programs across conflict management, leadership, human resources, communication, change management, workplace and professional development, financial wellness, nonprofit management, and personal development.

Linda’s approach to education is practical, relatable, and focused on helping people turn information into action.

Spoken Introduction — for emcees introducing a keynote

Financial stress is one of the most persistent pressures people face — and it quietly shapes confidence, clarity, and performance in ways we don't always connect back to money.

Today, you'll gain practical insight into the behavioral drivers behind financial decisions and a new way to think about money that goes beyond rules and willpower.

Please welcome CERTIFIED FINANCIAL PLANNER® professional and financial wellness speaker — Linda Grizely, who is about to change the way we think about money.

Spoken Introduction — for introducing Linda as a podcast guest

Today I'm joined by Linda Grizely, CERTIFIED FINANCIAL PLANNER®, financial wellness speaker, personal finance educator, and host of the Real Money, Real Life® podcast. She's known for changing the way people think about money by addressing the human side of financial decisions — the stress, shame, avoidance, and real-life pressure that keep people stuck. Linda helps people move toward clarity, confidence, and action with money in a way that feels human, practical, and judgment-free.