

# Linda Grizely — Speaker & Media Bio Options

*(Grizely is pronounced “Grizzly,” like the bear)*

## How to Use This Sheet

To help you introduce Linda in a way that fits your audience and format. These are listed in two sections, one for spoken introductions and one for written bios. Choose whichever length and style fits your needs, create your own from this content, or contact me directly to create one customized to your specifications.

## WRITTEN BIOS (from longest to shortest)

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### *118 words — recommended for event programs*

Linda Grizely, CFP®, is a financial wellness speaker who helps organizations and professionals rethink how financial stress is addressed. With extensive experience across advisory, coaching, and leadership roles, she bridges financial strategy with behavioral insight to get at the root of why financial stress persists — even among high-achieving people with access to all the right tools.

Linda is the creator of the MeMoney® Method and host of the Real Money, Real Life™ podcast, where she explores complex financial topics and how they intersect with everyday life.

Her work has been featured in the Chicago Tribune, Finance Digest, CEOWORLD Magazine, Global Banking & Finance Review, and other national business publications.

### *87 words*

Linda Grizely, CFP®, is a financial wellness speaker who helps organizations and professionals rethink how financial stress is addressed.

With extensive experience across advisory, coaching, and leadership roles, she bridges financial strategy with behavioral insight to address the root causes of financial stress.

She is the creator of the MeMoney® Method and host of the Real Money, Real Life™ podcast, where she explores complex financial topics and how they intersect with everyday life.

Her work has been featured in the Chicago Tribune and several national business publications.

### *62 words — article bio*

Linda Grizely, CFP®, is a financial wellness speaker and personal finance expert and educator. She is the creator of the MeMoney® Method, and host of the Real Money, Real Life™ podcast. Bridging financial strategy with behavioral insight, she helps people build confidence and clarity with their money and teaches individuals and organizations how to replace financial overwhelm with empowerment and real-world results.

### *57 words*

Linda Grizely, CFP®, is a financial wellness speaker who helps people and organizations rethink financial stress. She is the creator of the MeMoney® Method and host of the Real Money, Real

Life™ podcast, where she explores complex financial topics and their intersection with everyday life. Linda bridges financial strategy with behavioral insight to create lasting change.

*49 words — social media, speaker profiles*

Linda Grizely, CFP®, is a financial wellness speaker and creator of the MeMoney® Method. She helps people move from financial stress and overwhelm to clarity and confidence — without shame or judgment. Her mission: make money feel human, accessible, and real. “You deserve to feel confident with money and good about how you spend it.™”

*46 words*

Linda Grizely, CFP®, is a financial wellness speaker who helps people and organizations rethink financial stress. She is the creator of the MeMoney® Method, and host of the Real Money, Real Life™ podcast. She bridges financial strategy with behavioral insight to address financial stress in professional settings.

## **SPOKEN INTRODUCTIONS (from longest to shortest)**

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*~45 seconds — recommended for opening keynotes*

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 financial wellness that goes beyond rules and willpower.

Our speaker is a CERTIFIED FINANCIAL PLANNER® professional with extensive experience across advisory, coaching, and leadership roles, whose work has been featured in the Chicago Tribune and national business publications.

Please welcome Linda Grizely.

*~30 seconds — for tighter rundowns*

Financial stress shapes performance, confidence, and decision-making more than we often acknowledge — and today’s session will show you why.

Please welcome CERTIFIED FINANCIAL PLANNER® professional and financial wellness speaker — Linda Grizely.

### **Podcast Guest Intro**

Today I’m joined by Linda Grizely, CFP® — a financial wellness speaker, personal finance educator, and host of the Real Money, Real Life™ podcast.

Linda helps people build confidence and clarity with money — and helps organizations understand how financial stress shows up at work and impacts focus, engagement, and

performance. Her approach blends financial expertise with real-life experience, making money conversations more human, practical, and judgment-free.

Linda is the creator of the MeMoney® Method, a mindset-first approach to money that helps people move from guilt and overwhelm to intention and alignment.

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**Contact:** *Contact Linda directly to request a customized bio for your specific event or audience.*