



*Jill Russo Foster*  
*Media Kit*



Jill  
Russo  
Foster

Award Winning Author  
Personal Financial Coach  
Acclaimed Speaker

## Jill Russo Foster Media Kit

Contact Information .....	Page 2
Bio & Photos .....	Page 3
Speaking Topics .....	Page 5
Testimonials .....	Page 6
Past Speaking Events .....	Page 9
Books .....	Page 13

### Contact Information

Jill Russo Foster  
Author, Speaker and Personal Finance Coach

For more information, please contact Valerie Crowley  
800-605-4851  
JillRussoFoster.com  
Book@JillRussoFoster.com



#### Twitter

@JillRussoFoster  
twitter.com/JillRussoFoster



#### Facebook

facebook.com/188041394549389  
facebook.com/jillrussofoster



#### Linked In

linkedin.com/in/jillrussofoster/



#### Pinterest

pinterest.com/jillrussofoster



#### YouTube

youtube.com/jillrussofoster1



## Bio

Jill Russo Foster, author of *Cash, Credit, and Your Finances: The Teen Years*, *Thrive In Five: Take Charge of Your Finances In Five Minutes A Day* and *111 Ways to Save*, is a speaker and personal finance coach.

Jill's financial knowledge comes from real world experience. She owned a mortgage company where she helped hundreds of clients (with all types of credit situations) to find the right mortgage for their needs.

Jill has always been amazed at the way people handle their money. She started her career as a bank teller in an affluent area. Many of her customers wore designer clothes and drove prestigious cars, but were also on the overdraft list. As a young 20-something, Jill wanted to establish her own credit (and live the good life), so she made a game of maintaining as many credit cards as possible – her high was 27 credit cards! The game was a financial disaster. It took her a few years to correct her credit problems, but she learned that poor financial decisions carry a big price.

Jill's years of experience in the banking / mortgage industry, combined with her ability to share her expertise in a friendly yet professional manner, make Jill a sought-after professional speaker. She takes big, information-dense topics and makes them fun and understandable with real world examples, accurate information and practical advice that anyone can immediately put into action.

She is also the author of the weekly newspaper business column ***Jill Foster's Thursday Tips*** in the Norwalk Hour as well as her own e-zine newsletter available on her website. Both are designed to educate people on personal finances topics like credit, debt, saving and identity theft. Her website is [www.JillRussoFoster.com](http://www.JillRussoFoster.com)



## Photos



## Speaking Topics

Topics can be customized for your event and the age of participants. Jill has tailored her talks to educate adults, teens and children on personal finances.

**Budgeting** – informing people to understanding their personal cash flow – what's coming in versus going out. Only then can you plan for your financial future and achieve your goals.

**Credit** – Credit plays a major role in your finances. Learn how to understand your credit report and score as well as what steps to take to improve your credit.

**Credit Cards** – Do you ever get lost in the fine print of the credit card agreement? Learn to understand what all that means and the difference between those credit cards.

**Debt Repayment** - Learn how to start the process of debt repayment and how to maintain momentum until you find yourself living the debt free dream.

**Home Buying** – Learn all the steps of home buying from the thought process to the day you move it. Understand the finances of the process.

**Identity Theft** – Tips for helping you protect your personal information and identity as well as what to do if it happens to you.



## Testimonials

### What people are saying about Jill

#### Jill's advice was concise and to the point

"Jill Russo Foster spoke tonight to a well rounded group of parents, high school students and their siblings. She pointed out several good financial habits that anybody can relate to and everyone should live by. Her advice was concise and to the point — and she handed out relevant material to back up her practices such as budget worksheets. Not only was Jill talking from her own experience, but able to share experiences of others she has coached (anonymously, of course), and also able to address questions brought up to her, while making it relevant to everyone in the room. There was group interaction and all left with at least a few good tips to try out in the near future."

***Barbara Garelick***

Co-President Parents Club  
Brien McMahon High School

#### She empowers the audience with confidence

Jill Russo Foster is repeatedly requested to speak at the Women's Mentoring Network, Inc. (WMN) workshops. She has presented a variety of topics including budgeting, understanding your credit score, credit card management, debt consolidation and organization tips. Her presentations are engaging, educational and practical. Whenever Jill presents, she shares a wealth of knowledge with our clients, giving everyone access to information, additional resources and practical tips that make a stressful and intimidating topic like money management easy to understand. She empowers the audience with the confidence and tools to effectively manage their finances.

During our WMN "Healthier Finances" workshop series, Jill spoke to parents about "Teaching Your Children About Money Management". The parents left the workshop knowing that they have something extremely valuable to pass on to future generations, and eager to have the conversations with the children about budgeting, earning and saving. Information is power!

***Catherine Dumas***

Director of Client Services  
Women's Mentoring Network



### **Her presentation was so successful that we have her scheduled again!**

Jill Foster gave an outstanding presentation to the Women's Business Development Center clients on credit reporting. Her topics included: range of scores, what scores mean, what influences scores/ factors, the Fair Credit Reports Act and Fair and Accurate Credit Transaction Act. She also reviewed a sample credit report and explained and discussed it in its entirety.

Her presentation was so successful that we have her scheduled again!

*Karen Lozada*

**Manager, Programs Administration and Training  
Women's Business Development Center, Stamford, CT**

### **My students learned several important tips from Jill**

"My students learned several important tips from Jill when she presented lessons on how easy it is for students to accumulate credit card debt while in college, and how long it takes to clear up the debt. Another important message was how to protect one's credit report and why it is so important in our current economic situation. My students really appreciated Jill sharing her knowledge with them. I look forward to her speaking to my future classes."

***Jeanne R. Lauer***

Academy of Information Technology and Engineering  
Business/Technology Teacher

### **The kids were entertained, engaged and full of questions**

Jill delivered a presentation about finances to the Grassroots / St. Luke's School Life and Leadership Program and did a terrific job. The kids were entertained, engaged and full of questions that she was able to field with aplomb. Educational and Informative.

***John Sargent***

Grassroots Leadership Academy  
St. Luke's School

## Jill takes them one giant step closer to becoming financially responsible adults

Put Jill Russo Foster in the classroom and students can't help but learn a thing or two about managing personal finances. Jill takes them one giant step closer to becoming financially responsible adults – a necessity for success in these times. Ms. Foster has the talent of building rapport with students and effectively reaches them at their own level of understanding. Her experience in the banking and mortgage industry, and a wealth of anecdotes and knowledge that she shares, draws students in and teaches them the basics of managing their own finances without drowning in jargon. I do not hesitate to call on her expertise. I've made her book *Cash, Credit, and Your Finances* required reading in my house.

**Jennifer S. Torbick**  
Junior Achievement





## Past Speaking Engagements

### Conferences, Corporations and Organizations

- American Women's Economic Development Corporation (AWED), New York, NY
- Bangs & Company, CPA's, P.C., Stamford, CT
- BIC Worldwide, Shelton, CT
- Boehringer Ingelheimer, Danbury, CT
- Borders Bookstore, Stamford, CT
- Cool Tea, Westport, CT
- Daymon Worldwide, Stamford, CT
- Entrepreneurial Woman's Network (EWN), Inc, Norwalk, CT
- FeminInc, YWCA, Greenwich, CT
- Grassroots Leadership Program, New Canaan, CT
- Junior Achievement, Norwalk, CT
- Mutual Housing Authority of SouthWestern Connecticut, Norwalk, CT
- Mutual Security Credit Union's – Healthy Financial Life, Westport, CT
- Norwalk Chamber of Commerce, Norwalk, CT
- The Orange Business Expo, Orange, CT
- The Profit Puzzle with Don Osborne, CA
- Stamford Retired Men's Association, Stamford, CT
- Wilton Rotary Club, Wilton, CT
- Women's Business Development Center (WBDC), Enterpri\$ing Woman's Conference, Stamford, CT
- Woman's Mentoring Network, Stamford, CT

### Speaking Engagements for Adults

- Danbury Continuing Education, Danbury, CT
- Darien Library, Darien, CT
- Eastern Middle School PTA, Riverside, CT
- Greenwich Continuing Education, Greenwich, CT
- Greenwich High School, Greenwich, CT
- Greenwich Library, Greenwich, CT
- Ludlowe Middle School PTA, Fairfield, CT
- Norwalk Continuing Education, Norwalk, CT
- Pear Tree Point Elementary School PTO, Darien, CT
- Quinnipiac College, Hamden, CT
- Raising CEO Kids – Saturday Morning Mastermind
- Stamford Continuing Education, Stamford, CT
- University of Connecticut, Stamford, CT
- Wilton Continuing Education, Wilton, CT
- Wilton Rotary, Wilton, CT
- Yale University, School of Medicine, New Haven, CT

## Speaking Engagements for Children and Teens

- Academy of Information Technology and Engineering (AITE), Stamford, CT
- Brien McMahon High School, Norwalk, CT
- Cloonan Middle School, Stamford, CT
- Darien Library, Darien, CT
- Raising CEO Kids – Saturday Morning Mastermind
- Roton Middle School, Norwalk, CT
- Stamford High School, Stamford, CT
- Turn of River Middle School, Stamford, CT
- West Rocks Middle School, Norwalk, CT
- Westhill High School, Stamford, CT

## TV / Radio

- Aaron In The Afternoon, KLFD 870, Pasco, WA
- The Authors Show with Don McCauley, Supply, NC
- The Blessed Spot / Elite Radio 97.5, Bloomfield, NJ
- Book America with Kim Alexander, Sirius / XM Satellite Radio
- The Brook and Woody Show, KRCN 1060, Denver, CO
- Cablevision – The Education Notebook, Fairfield County, CT
- Cablevision – Fairfield Exchange, Fairfield County, CT
- Cablevision – News12, Fairfield County, CT
- Cablevision – 12 On The Money, Fairfield County, CT
- Community Focus – WBSD 89.1 Burlington High School, Burlington, WI
- Dresser After Dark with Michael Ray Dresser, BlogTalk Radio
- The Eagle with Outcast Don, KETX 92.3, Houston, TX
- Ebling and You with Jack Ebling, WILS 1320, Lansing, MI
- Elliott Irving, WFLO 95.7 & 870, Farmville, VA
- The Exchange with David Smith, WICC 600, Bridgeport, CT
- CT State Representative Fred Camillo Reports, Public Access TV
- George & BJ Show, WDUN News / Talk 550, Gainesville, GA
- Good Morning Grambling, KGRM 91.5, Grambling, LA
- Hill in the Morning Show, WRNE 980, Pensacola, FL
- Issues Today Radio with Bob Gourley, San Pedro, CA (Nationally on over 170 stations)
- The Leslie Marshall Show, Los Angeles, CA (Nationally Syndicated)
- Life After College with Cha Channa Simpson, BlogTalk Radio
- Life with Lisa Show, KPQ 560, Wentachee, WA
- Merrimack Valley Radio in the Afternoon, WCAP 980, Lowell, MA
- Money Matters Radio, WBNW 1120, Boston, MA (Nationally on over 50 stations)
- The Morning Show with Harvey Twite, KEDU 102.3, Ruidoso, NM
- The Panama Show, KBZZ The Buzz 1270, Reno, NV
- Power Women Radio with Deb Bailey, BlogTalk Radio
- Red's Place with Red Kingman, WHTC 1450, Holland, MI
- The Rick Barber Show, KOA 850, Denver, CO
- Savvy Divorced Chick Radio, Blog Talk Radio
- The Scott Thompson Show, WEKZ 1260, Monroe, WI
- Sound Coaching Radio Hour, WICC 600, Bridgeport, CT

- Sunday Morning Magazine with Bill Adams, WIRK 107.9, West Palm Beach, FL
- Wealth Pilgrim Radio with Neal Frankle, Blog Talk Radio
- Winning the Game of Life with Rick Vazquez, Pizza Delivery Millionaire WebTalkRadio
- Workday Cafe, WCCM 1110, Methuen, MA
- Your Money Show with Brett Goldstein, Financial Talk Radio
- York Morning News with Gary Sutton, WSBA 910, York, PA
- Your Practical Adviser with Vern Moter, Business Talk Radio and Lifestyle Talk Radio (Nationally on over 50 radio stations)





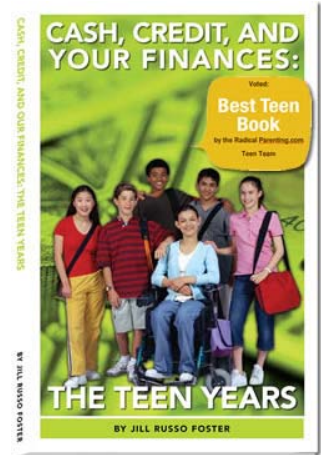
## Books

### Cash, Credit, and Your Finances: The Teen Years

#### Help your kids:

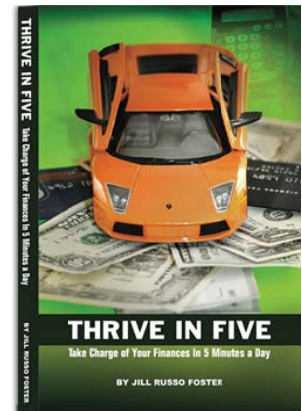
- Cope with product advertising
- Understand that credit isn't magic money.
- Develop strong short-term budgeting skills
- Create a long-term financial plan

*Cash, Credit, and Your Finances: The Teen Years* looks at finances through the eyes of five different teenagers. They all have things they want and need, but they all handle their money differently. Some will succeed and some will give up... which one do you want your child to be?



### Thrive In Five: Take Charge of Your Finances in 5 Minutes a Day

Each year do you resolve to improve your finances only to have something happen that pushes you back to the same place you were last year? ***Thrive In Five: Take Charge of Your Finances in 5 Minutes a Day*** will help you change that. With daily short tips that take five minutes or less, this book will help you improve your credit score, spend less, and save more money – all while getting organized!



### 111 Ways to Save

This book of tips will be available soon. If you're looking for easy ways to cut costs and expand your budget, look no further. From shopping to dog grooming, 111 Ways to Save will be your go-to book for easy-to-live-with fixes that will help you breathe easier between paychecks. Cover photo coming soon!

Available on [JillRussoFoster.com](http://JillRussoFoster.com) and [Amazon.com](http://Amazon.com)

