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## Financial Wellbeing Course details

Financial struggles don't get left at home when we come to work, meaning we can be distracted if we have concerns around money.

CIPD research shows that 46% of employees worry about their finances and 55% of those with money struggles felt they achieved less than they would have liked. That means that, on average, 25% of employees are achieving less than they want to due to financial worries.

The reasons for this are fairly obvious, but research also shows that two thirds of employees who are struggling financially report at least one sign of poor mental health that could affect their ability to function at work. These include loss of sleep, poor concentration and reduced motivation.

Feeling good about your financial situation and future will improve productivity, but how do you get there? Where do you start, how do you stick with it, and is it worth it?

This workshop is focused on financial wellbeing which can be described as a sense of security and feeling that you have enough to meet your needs and to make choices that allow you to enjoy life. By understanding tried and tested principles of good money management, wherever you are starting from, you will leave with a clear structure of how to put and keep your finances in order and the resources to do so.

Long term financial resilience and freedom from financial worry become possible and that is a win/win scenario for both employee and employer.

### Who is this for?

Any employee who knows they are struggling to make ends meet, or who would benefit from learning established principles of good money management, in order to make the best use of the money available to them.

### What does this include?

- Principles and benefits of good money management
- Pressures to spend and the impact of choices we make
- Practical structures to manage money
- Resources and online tools available
- A brief look at what you can do if you have debt

### Learning outcomes

- Understanding of how to make and execute a plan for spending your income in a way that suits your lifestyle
- Knowledge of resources to help manage income and expenses
- Understanding a clear structure and process for managing your income

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