

The Virtual Wellbeing Academy

Financial Wellbeing

Take control of your finances



Financial security is a fundamental aspect of wellbeing. Yet almost 1 in 3 (29%) workers are concerned about their level of personal debt. In uncertain and unpredictable times, worries about money become an even greater cause of stress and anxiety.

Our tailored selection of financial wellbeing programmes gives the knowledge and confidence to take back control of your finances.

- Managing your finances during challenging times
- Dealing with debt
- Finances through redundancy
- Financial sustainability
- Rethink your spending
- Money on my mind
- Financial coaching

Managing your finances during challenging times

Delivery:	Virtual classroom
Duration:	45 mins
Participants:	Max 20
Suitable for:	All employees

Course Overview

In times of uncertainty and change many of us face challenging times with regards to managing our money. This practical workshop is full of tools and techniques to help you adapt to new financial priorities.

Course Outcomes

- Establish new financial priorities
- Develop a financial plan for uncertain times
- Discover top tips and solutions to reduce your expenditure
- Review your spending habits

Dealing with debt

Delivery:	Virtual classroom
Duration:	45 mins
Participants:	Max 20
Suitable for:	All employees

Course Overview

Household debt continues to rise and with many people facing reduced incomes, debt presents serious concern. 'Dealing with debt' gives the knowledge and confidence to tackle debt, access support and make decisions about borrowing.

Course Outcomes

- Understand what to do if you are worried about debt
- Connect with organisations that offer financial support
- Understand how to borrow and the costs involved

Finances through redundancy

Delivery:	Virtual classroom
Duration:	45 mins
Participants:	Max 20
Suitable for:	All employees

Course Overview

Losing your job can be an emotional rollercoaster as supporting yourself and your family becomes the top priority. This workshop will give you the guidance you need to keep control, write an emergency budget, access the right support and deal with debt.

Course Outcomes

- Develop an emergency budget
- Connect with organisations that provide emotional and financial support
- Learn how to deal with creditors
- Discover essential tips and tools for managing redundancy

Financial sustainability

Delivery:	Virtual classroom
Duration:	45 mins
Participants:	Max 20
Suitable for:	All employees

Course Overview

How can we use our spending to support our society, environment and wellbeing? From using less energy to understanding our carbon footprint, we can all reduce our consumption and save a few pounds. We will also look at pay-it-forward strategies - good deeds that cost nothing and that increase our wellbeing at the same time.

Course Outcomes

- Understand what it means to be financially sustainable
- Discover ways to improve efficiency that cost nothing
- Develop practical strategies to reduce consumption
- Learn how to increase your wellbeing with sustainable finance

Rethink your spending

Delivery:	Virtual classroom
Duration:	45 mins
Participants:	Max 20
Suitable for:	All employees

Course Overview

It is easy to spend without thinking about it. Understanding how and why we spend puts us back in control. By analysing our own spending habits and making appropriate changes we can reduce our expenses and improve our financial wellbeing.

Course Outcomes

- Determine the factors that influence your spending
- Discover the wellbeing benefits of mindful spending
- Understand how to get value for money
- Learn practical strategies to make effective spending decisions

Money on my mind

Delivery:	Virtual classroom
Duration:	45 - 60 mins
Participants:	Max 20
Suitable for:	All employees

Course Overview

Financial difficulties are a common cause of stress and anxiety, making it harder to be in control of your money. In this workshop we will look at the impact of financial challenges on mental health. We will explore ways to improve your relationship with money and therefore improve your financial resilience and mental wellbeing.

Course Outcomes

- Discuss how money can affect your mental wellbeing
- Understand your relationship and attitudes towards money
- Identify strategies to improve your relationship and behaviour around money
- Explore ways to build financial resilience and wellbeing

Financial Coaching

Delivery:	Virtual
Duration:	Options available
Participants:	1:1
Suitable for:	All employees

Coaching Overview

The financial landscape can seem impossibly complex and finding clarity around personal finances can feel like a real challenge. Financial coaching gives you the space and time to step back and reflect. Your coach will create a non-judgemental, confidential and safe environment for you to think about financial worries logically, rationally and with a conscious mind. Using powerful coaching techniques, you can explore possibilities, work out what really matters and find the confidence to take action.

We have put together two coaching packages and are able to create tailored programmes on request:

Individual coaching: One-hour personal coaching sessions with 30 min. follow-up.

Financial coaching clinic: 30 mins coaching sessions for up to 6 individuals (preparation resources provided)

Typical financial coaching outcomes

- Identify personal financial priorities
- Set meaningful financial goals
- Identify money barriers and self-limiting beliefs
- Uncover new ways forward
- Cope with unpredictable financial emergencies
- Move from a state of fear to one of trust and clarity
- Think about financial worries logically, rationally and with a conscious mind