

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.

- Financial Wellbeing
- Mind Your Money
- Pensions Essentials

Financial Wellbeing group sessions are available both virtually and in-person.

Virtual Classroom	Webinar Event	In Person
<p>60 mins</p> <ul style="list-style-type: none"> • For 5 to 20 people • On camera live session • Digital workbook • Small group discussion • Breakout spaces as appropriate • Interactive elements 	<p>60 mins</p> <ul style="list-style-type: none"> • For up to 500 people • Live facilitation • Digital workbooks • Live Q&A • Interactive elements • Option to record 	<p>90 mins</p> <ul style="list-style-type: none"> • For 5 to 20 people • On-site facilitation • Extended discussions • Small group activities • Hardcopy workbook • Activities to suit different learning styles

Financial Wellbeing

Course Overview

The financial landscape can seem complex, and finding clarity around personal finances can feel like a real challenge. Financial Wellbeing kickstarts your journey to take control of your finances and build financial resilience for the future.

Course Outcomes

- Understand the principles of financial resilience
- Keep track of your budgets
- Get on top of credit, borrowing and debt
- Understand options for saving and investment
- Know where to go for free, credible support.

Mind Your Money

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

Pensions Essentials

Course Overview

Pensions are a simple way to save for the future. But many people are confused about how pensions work, and don't take the steps that will make a difference in the long term. Pensions Essentials gives the essential information to gain clarity and take control of this important area of financial wellbeing.

Course Outcomes

- Understand the pension essentials
- Get clear on the retirement you want to achieve
- Gain clarity on your current situation
- Know where to go to seek financial advice