

TRAINING

FINANCIAL WELLBEING FEELING SECURE ABOUT YOUR FINANCES

2021

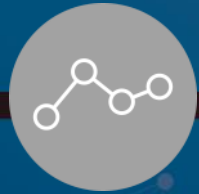




This seminar will provide important advice for managing your financial wellbeing and feeling more secure about your financial situation by taking back the control in key areas.

OBJECTIVES

- Feel secure about your finances
- Cope in a crisis
- Track emotional spending
- Think ahead to mitigate risk and invest for the future



**HOW WOULD
YOU RATE
YOUR LEVEL
OF FINANCIAL
SECURITY AND
STABILITY?**

- A. Poor
- B. Adequate
- C. Excellent

CHANGING CIRCUMSTANCES



- Life changes and factors outside our control can directly influence our financial security.
- Having a plan and being prepared can help prevent feelings of overwhelm.
- This includes actively thinking about how to increase our current level of stability and how to make immediate improvements.

MANAGING IN A CRISIS



- Review your current income and expenditure
- Make cuts and reductions where you can
- Change, rather than eliminate, expenditure on the fun things
- Consider alternative income streams
- Get support and advice
- Prepare and plan meals—get creative
- Have a clear-out
- Request a mortgage or bill payment break

KNOW YOUR SPENDING TRIGGERS



- Spending habits are often linked to certain emotional triggers.
- Emotional spending occurs when we make purchases based on what we don't need—or, in some cases, even want—particularly when we feel stressed.
- There has been a huge surge in emotional spending during the lockdown, particularly with impulse spending.



CONSIDER

What are your spending triggers?

MANAGING EMOTIONAL SPENDING

- Instead of immediately making a purchase, allow yourself a 30-minute window of reflection.
- Take a hard look at your bank statement every month, and highlight any evidence of emotional spending.
- Use free apps to help you break down your spending into categories and understand your average spending.
- Put boundaries in place to prevent key triggers affecting your spending, such as canceling credit accounts.



MANAGING DEBT

- List all debts, and then prioritize based on the amount of interest you pay.
- Think about options for consolidation.
- Reach out to creditors for a payment break if you are struggling to cover the regular payments.
- Get professional advice if it feels overwhelming.

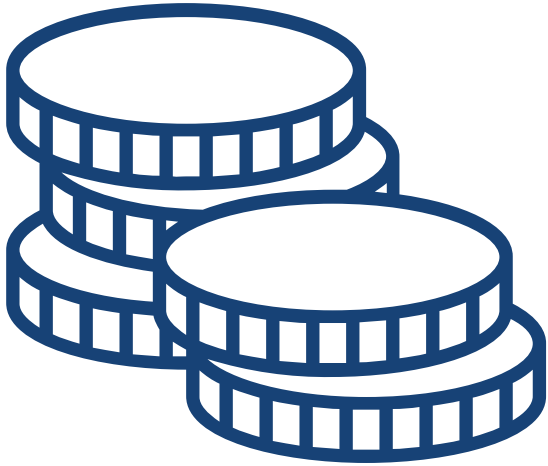
ACTIVE PROTECTION



- Do you have plans in place for events that could affect your financial stability, such as illness?
- Consider real "what if" scenarios.
- Establish what you already have in place—are there better deals on the market?
- Explore other options.



YOUR FUTURE



- What does your future lifestyle look like?
- What is your starting point?
- Understand the numbers.
- Make the most of time.
- What are your options?



MOVING FORWARD

- Get organized
- Manage debt
- Build resilience

THANK YOU
ANY QUESTIONS?

