



Financial Wellness is the discipline of running personal finances to live within the individual's personal means. People are currently experiencing high levels of personal debt, leading to high-stress levels. This in turn impacts workplace behaviour, and many employers are keen to address this issue through financial education.

Financial Wellness Level 1 is a one-day course and it will assist all, young and old, skilled and unskilled, throughout the country. Money has to be earned to pay bills and survive, but not everyone understands how best to save, budget and resolve debt problems. This course will take participants through a basic financial fitness test to assess their financial status, then they will be taught money management and how to improve their financial situation.

This one-day course will teach participants:

- Learn how to evaluate their personal financial status.
- Learn financial terminology.
- Understand money management processes, including interest rates, inflation, household budgets and smart shopping.
- Learn skills to improve their financial situation for now and the future, these skills include debt management, living within your income, savings, scams, bad investments, insurance and retirement planning.

Course Overview

You will spend this session getting to know the course objectives and you will also have an opportunity to identify your personal learning objectives.

Basic Financial Fitness

During this session, we will discuss define basic financial terminology and complete a financial fitness test to determine your current financial situation and identify problem areas.

Money Management - Understanding the Problem

We look at definitions of terms relating to money management and practice and understand how to:

- Process calculations on interest relating to borrowing and saving.
- Identify the principles of inflation and its effect on future costs.
- Understand and plan personal and household expenditure.
- Distinguish between choosing a brand versus what you advertising and tradition teaches us, that is learning how to smart shop.

How To Improve Your Financial Situation - Solving the Problem

We look at definitions of terms relating to how to improve your financial situation and:

- Explain what debt is and how to manage it.
- Apply the use of a budget book to know where money is being spent and how to spend it more efficiently, thereby living within your income.
- Demonstrate various ways to save.
- Learn how to spot a scam when looking at investments.
- Understand the principles of and the necessity for insurance.
- Understand the importance of planning for retirement.

Course Wrap-Up

At the end of the day, participants will have an opportunity to ask questions and fill out a personal action plan.