

## Adult Money Workshops

*Our work with Adults aims to make staying on top of your money accessible to everyone.*

We believe that getting on top of your money is essential to helping people improve their overall wellbeing, achieve their goals and live a happier, more positive life as a result. Our 2 hour face-to-face workshop aims to help people develop the knowledge, skills, behaviours and attitudes to manage their money well. Why not see what alleviating the burden of financial difficulties could do for your organisation?

*Our workshops cover:*

*Planning  
Debt  
Saving  
Financial products  
Everyday Money*

*"You've inspired me to use my money to live life more fully, at a time when I didn't have any money worries, but felt stuck in life and maybe a bit lost/lacking direction"*

*12 million people are not saving enough for retirement (MAS, 2015)*

*41% of adults do not know their current account balance within £50 (MAS, 2015)*

Research conducted by the Social Market Foundation states that money worries have caused concentration difficulties for 1 in 8 workers, absence from work for 1 in 20 workers, and that low financial capability adds an average of 4% to payroll costs due to absenteeism and presenteeism. Feedback from our previous workshops demonstrated that people felt increased confidence in managing their money, resulting in reduced overspending, saving more and worrying less.

Whether people are frustrated that their hard earned cash seems to disappear, or they are struggling to manage their credit, our workshops should set them off on a better path.

For more information about our workshops for adults – please contact:

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