



Our Relationship With Money

Our relationship with money is complex, and influenced by a range of factors including our past experiences, our personal values, economics and our mental and physical health. This workshop is designed to help you better understand this relationship and take practical steps to improving it.

This Session Covers The Following Topics:

The importance of Financial Wellbeing
for our Money Mindset

Links Between Money and Our Mental
Health

Recognising our Money Personality

Understanding our Relationship With
Money

Strategies to Improve our Relationship with
Money

Free, Credible Sources of Information

**Attendees will get a copy of our Money Manual,
our essential guide to managing your money well.**

For 30 years, The Money Charity has been helping people from all walks of life to take control of their finances, become financially capable and achieve Financial Wellbeing.

As a charity, we are independent and impartial, meaning
we never endorse or promote any financial products.



<https://themoneycharity.org.uk>
hello@themoneycharity.org.uk

