

Your Money & Covid

Supporting people through challenging times



A new set of virtual 1-hour workshops from The Money Charity, the UK's financial wellbeing charity.

1. Your Money During Challenging Times

Supporting You to Manage Your Money Well

- Develop new and improved financial priorities
- Develop a budget to help you through uncertain times
- Consider ways to reduce your expenses
- Discover organisations providing independent, free financial support
- Explore tools to use to help you manage your money better

2. Redundancy and Your Money

Supporting Your Finances Through Uncertainty

- Discuss money priorities and emergency budgets
- Explore ways to build your financial resilience
- Provide an awareness of organisations providing emotional and financial support
- Discuss how to manage redundancy payments
- Discuss ways to deal with debt/creditors

3. Mind Your Money

Financial Resilience and Mental Wellbeing

- 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



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I really found the workshop useful, especially in terms of feeling in control of my financial future, even in the event of debt...

Workshop Participant

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...Was absolutely amazing. Genuinely my favourite wellbeing session ever!

Workshop Participant

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Learned a lot! Budgeting apps, energy switching, guidance vs advice, financial products, savings etc.

Workshop Participant

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All attendees will also receive a digital copy of our Money Manual, containing useful tips on how to make the most of your money.

Price per Workshop: £350 + VAT

Our virtual workshops are delivered via Zoom and are suitable for up to 20 people.

Attendees will never be offered financial products during or after workshops.

To find out more, or to book a workshop, please contact...

belinda@themoneycharity.org.uk or hello@themoneycharity.org.uk

<https://themoneycharity.org.uk>