



Financial Resilience & The Psychology Of Money

For over 25 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.

Our attitude to money can lead us to behave in certain ways when it comes to money.

This can be positive, but can also lead us into self-fulfilling negative situations.

This 1-hour interactive session is designed to help you think about your relationship with money, challenge your mindset and build financial skills to increase your Financial Resilience.

The Session Covers The Following Topics:

The Cost of Living Crisis

Understanding Your Relationship and Attitudes Towards Money

Recognising Your Money Personality, Spending Triggers and Habits

Strategies To Improve Your Relationship With Money

The Importance Of Financial Resilience

Introduction To Organisations Offering Free, Credible Support and Information

All attendees will receive a copy of our Money Manual as a handy guide to making the most of your money, together with a signposting handout detailing the organisations mentioned in the session.



<https://www>



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

