

## Women & 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.

In these uncertain times, managing your money well is more important than ever. This 1-hour interactive session has been tailored specifically for women and the financial challenges they face throughout their lives.

### The Session Covers The Following Topics:

Understand the Financial Challenges Women Face Throughout Their Lives

Common Money Myths about Women and Money

Financial Resilience and the Cost of Living Crisis

Budgeting and Keeping Track

Credit, Borrowing and Understanding Your Credit Score

Where To Access Support For Debt

Savings and Investments

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.



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