

Adult Money Workshops

Financial well-being for everyone

Financial well-being knows no boundaries

Financial well-being - we're all entitled to it

We believe getting on top of your money is essential to helping people improve their overall well-being, achieve their goals and live a happier, more positive life.

Our workshops aim to develop the knowledge, skills, behaviours and attitudes to manage money well. Why not see what improved financial well-being could do for your organisation?

Our workshops cover:

- Planning your finances*
- Saving to achieve your goals*
- Choosing financial products*
- Managing everyday money*
- Facing debt*

“You’ve inspired me to use my money to live life more fully...”

“A worthwhile exercise”
Head of Credit Operations

“Easy to follow, informative...would help the advisors with their role”
Regulatory Change Manager

Research by the Social Market Foundation found that money worries caused concentration difficulties for 1 in 8 workers. In 2014/2015, 9.9 million days of work were lost due to stress, depression, and anxiety, accounting for 43% of sick days taken (HSE, 2015).

Whether you're working in financial services, supporting clients, or looking to promote well-being in your workplace, our workshops can help improve the relationship between money and you, your clients, and your customers.

For more information about our workshops – please contact:



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