

# 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:

The Money Charity – Adults & Industry Team

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The  
**MONEY**  
Charity