



THE
MONEY
CHARITY

Our Relationship with Money



Our relationship with money is complex and influenced by a range of factors including our **past experiences**, our **personal values**, **economics** and our **mental and physical health**.

This workshop is designed to help you better understand this relationship and **take practical steps to improve it**.

52%

of people don't feel comfortable talking about money

Topics Covered:

The Importance of Financial Wellbeing for Our Money Mindset

Links Between Money and Our Mental Health

Recognising Our Money Personality

Understanding Our Relationship with Money

Strategies to Improve Our Relationship with Money

Free, Credible Sources of Information

For 30 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.



Attendees receive a copy of our **Money Manual**, our essential guide to managing your money well.

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