

Financial Wellbeing

An anxious brain cannot perform!
**At Flourish we aim to reduce stress in all possible ways
to enable people to focus on the important stuff!**

Duration

Bespoke

Introduction

Financial workshops and coaching offer benefits to staff and employers.



Victoria is our financial wellbeing wizard!

She believes that understanding your money is a key element of overall wellness. She can offer workshops and coaching that help people get on the path to independent financial freedom.

Victoria says "I recognise that life changes, and how your money works to support you is important. It might be saving for that first house, managing your household budget, growing your family, or preparing for retirement, I am here to help you take control of your finances with confidence.

Topics

Budgeting, debt management, personal finance management, savings and making money, property ladder planning, lifestyle planning, retirement strategies, estate planning, pensions, employee benefits; **please ask** as Victoria has a wealth of industry experience that she can share.

Benefit to employers

Positive effects of reduced financial stress in employees:

- £ Increased **productivity**
- £ Key targets and **deadlines met**
- £ Reduced stress improves peoples **focus**
- £ A calm mind is great at problem solving and being **innovative**
- £ Less **sick days** due to stress
- £ Staff **loyalty** increased
- £ **Morale** improved
- £ Staff **retention**; staff who feel financially out of control look for other employment to gain even a few extra pounds!

Benefit to staff

Positive effects of feeling financial control:

- £ Reduced **stress and anxiety** that can cause illness
- £ A calm mind is great at problem solving and being **innovative**
- £ Improved **concentration** even on the tricky things
- £ **Career progression** as you will be viewed positively and be able to strive for your goals
- £ Positive impact on **family and home life**
- £ If you **manage others**, you will be better equipped to deal with their stresses!

