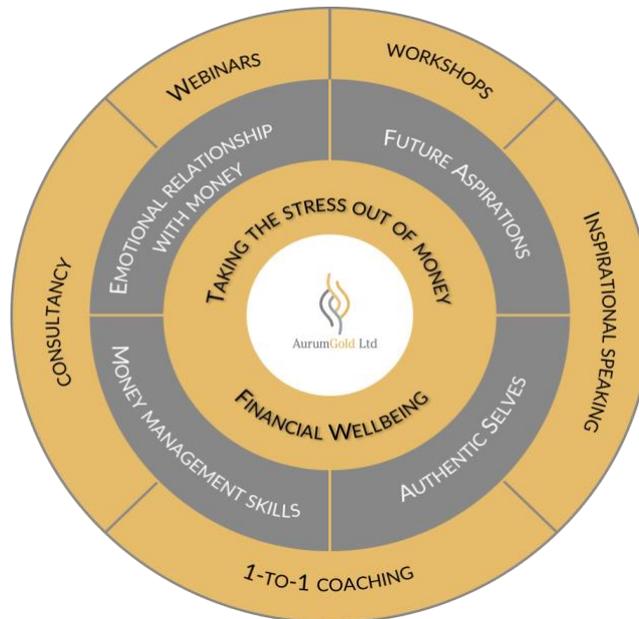


# Financial Education in the Workplace

Taking the stress out of money



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*"Understanding how you feel, think about and handle money helps you better manage your personal finances, enhance your relationships and improve your wellbeing"*

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[94% of UK employees are suffering from financial worries](#). The impact is significant, with the effects being felt in all areas of a person's life. However, the external 'ripple effect' is significant too, with nine out of 10 larger UK businesses (2.4 million) suffering due to poor employee financial well-being. The problem is clearly systemic. However, with the increasing focus on more general mental and physical health, financial well-being represents a significant blind spot.



Improving a person's overall emotional, mental and physical well-being requires a proactive and holistic approach. However, we recognise that tackling financial education and well-being in your organisation lays the foundation for improved employee health, and an increasingly productive and engaged workforce.

Our mission is to take the stress out of money with proactive support for your business and its people.

By helping employees understand their emotional relationship with money, showing them how to live authentically and identify their future aspirations whilst developing better money management skills, stress is significantly reduced.

We do this through webinars, workshops, coaching, consultancy and Expert talks.

It is clear that we have a long journey towards financial well-being in the UK. However, through positive education in the workplace, this key issue can be tackled for the mutual benefit of businesses and their people, these programmes will do that.



### Who should attend:

Any employee who is awake at night or is struggling to concentrate when at work, has financial concerns, feels that money is affecting their relationships and wishes to improve the way they manage it. (HR Grapevine, 2019).

### Programme details and costs:

|   | Cost (£)              |
|---|-----------------------|
| <b>Coaching Package:</b> Tailored money coaching to individual needs (per hour)<br>One-to-one personal money coaching, hourly sessions, the first hour is free!   | 50.00                 |
| <b>One-hour Presentation:</b> One-hour top level view of financial wellbeing<br><b>Covers:</b> How your relationship with money impacts you?  | 250.00 <sup>1</sup>   |
| <b>Half Day Workshop:</b> Focuses on the main building blocks of financial well-being.<br><b>Covers:</b> Understanding self and others. Values, Beliefs and Purpose. Budgeting  | 550.00 <sup>2</sup>   |
| <b>One Day Workshop:</b> This is two half-days for all employees<br><b>Covers:</b> The connection between your emotional and mental wellbeing and money? How your relationship with money impact you? What does the future look like? Setting financial goals. How to build a budget that works for you. How to balance & maintain your budget. Financial tools that help you manage money in real-time. Future proofing your finances. | 1,100.00 <sup>2</sup> |
| <b>Two Day Workshop:</b> For those who support employees within their organisation.<br><b>Covers:</b> The one-day workshop content with a more in-depth look at each area including how to support staff and guidance around difficult conversations.   | 2,200.00 <sup>2</sup> |
| <b>Webinars:</b> 7 modules spread over 9 x 30mins sessions<br><b>Covers:</b> Money's influence on well-being. Money Types. Future aspirations. Building a budget. Balancing a budget. Using financial technology. Introduction to planning your future finances.  | 30.00 <sup>3</sup>    |



- 1 Single price for an unlimited number of delegates.
- 2 Single price for a maximum of 20 delegates.
- 3 Price per module per delegate.

### Disclaimer:

AurumGold Limited does not sell any financial products or receive any commission or referral fees. We ensure that clients are guided to the Financial Services Register should they need to create a stable and sustainable financial future.

AurumGold Limited does not give financial advice but would recommend that delegates seek the help of a Financial Conduct Authority (FCA) approved Independent Financial Advisor (IFA) who is on the Financial Services Register.

AurumGold Limited does not give debt advice but would refer delegates, who find themselves in financial difficulty, to a free money and debt advice agency approved by the FCA.

AurumGold Limited does work occasionally with others who have expertise beyond ours such as financial, tax and debt advice, etc. We do not give recommendations, but we will inform our clients of what is available for them to personally check-out should they need additional services.

AurumGold Limited does not provide a clinical counselling service but would refer delegates, should they need this service, to qualified and approved counsellors registered with the British Association for Counselling and Psychotherapy (BACP).

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