

From Struggle to Strength: Building Financial Resiliency & Literacy

Struggles have and will always be a part of financial landscape but with resiliency and literacy, it is possible to turn struggles into strength in order to achieve long-term stability and success.

This session is designed to help individuals understand and feel empowered to face financial challenges, manage risks, make informed decisions and give them confidence to crisis-proof their finances against foreseeable and unforeseeable events. You will obtain actionable insights to help you build a solid foundation for financial well-being.

Learning Objectives

- Understand the concept of financial resiliency and its importance in overcoming financial challenges.
- Master the key financial literacy concepts and how to apply them to personal financial management including budgeting, saving, investing and income protection.
- Develop a clear action plan for strengthening financial health, including budgeting, saving, and strategic decision-making while utilising practical tools to improve financial tracking.

Content Outline

Crisis Proof Finance: Building Financial Resilience

- Define financial resilience on a personal context and its importance
- Understand the mindset shifts to overcome financial barriers
- Discover ways to stay adaptable in the face of financial setbacks

Unlock the Power of Financial Literacy

- Key concepts of personal finance (budgeting, saving, investing)
- Effective Debt Management
- Understanding the 5 Areas of Finance

Practical Strategies: Turn Financial Struggles to Strength

- Analysing your financial health and encouraging income protection to prepare for future financial challenges
- Creating and implementing a financial plan
- Leveraging tools and resources for tracking and managing your finances