

Financial Wellness: Economic Mobility Basics



Overview

This workshop is developed to introduce and direct learners to financial wellness resources to enable them to make smart financial decisions and plan for the future.

Goals

The goal of this workshop is to empower consumers to be informed and prepared to make financial choices. Upon completion of this workshop, attendees should be able to:

- Understand the basics of banking, budgeting and spending
- Appreciate the importance of an emergency fund
- Know how to respond in case of fraud or identity theft

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DURATION

60 minutes



DELIVERY CHANNEL

Virtual
instructor led



INSTRUCTOR

Better
Money Habits
ambassador



LEVEL

Foundational
financial
wellness



Workshop modules

1. Budgeting and banking basics
2. Income and paychecks
3. Financial safety