

Mastering Your Money in a Changing World



Session Date:
October 6th, 2025



Start and End Time:
10:00 AM – 11:00 AM EST



Location:
Big Marker

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Managing finances during times of economic uncertainty can feel overwhelming.

Concerns about rising expenses, mounting debt, and fluctuating income often contribute to stress and a sense of helplessness. This session offers a supportive environment to help participants understand and address financial anxiety whilst equipping them with practical tools for regaining control. Attendees will explore strategies such as reducing discretionary spending, optimizing energy costs, and managing debt effectively.

The session also emphasizes building financial resilience by setting achievable goals and making sustainable changes. Through actionable tips and expert guidance, participants will learn how to prioritise spending, plan for the future, and create a sense of stability amidst uncertainty. By the end of the workshop, attendees will feel empowered to face financial challenges with confidence and develop healthier habits for long-term financial wellbeing.

Learning Outcomes:

- **Understand the Link Between Mindset and Money Habits,** Learn how personal beliefs and attitudes influence spending and saving behaviours, shaping financial outcomes.
- **Create a Spending Plan to Manage Resources Effectively,** Gain practical tools to balance income, expenses, and savings goals, ensuring financial stability.
- **Explore Strategies to Reduce Expenses and Generate Savings,** Discover actionable techniques to cut costs, reduce debt, and build financial resilience.
- **Identify Ways to Prioritise Essential Expenses,** Learn how to assess spending priorities, making sure critical needs are met whilst staying within budget.