

Unlock the Secret to Financial Wellbeing



Session Date:
October 20th, 2025



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



Location:
Big Marker

REGISTER HERE

Taking control of personal finances is an essential step toward achieving financial stability and freedom.

This session begins by helping participants define clear financial goals—both short- and long-term—tailored to their unique circumstances. Through guided exercises, attendees will learn how to track their spending, identify areas for adjustment, and uncover patterns in their financial habits. Participants will explore practical strategies to overcome common obstacles, such as managing debt and curbing unnecessary expenses, whilst building a personalized financial plan.

The session also emphasizes the importance of prioritizing goals to align with individual values and needs, fostering a sustainable approach to managing money. Attendees will leave equipped with actionable tools and knowledge to create a balanced financial strategy, empowering them to take control of their financial future with confidence and clarity. Whether striving for financial independence or greater security, this workshop provides practical strategies for success

Learning Outcomes:

- **Understand How Money Beliefs Influence Financial Decisions,** Learn how personal beliefs shape financial habits and how to shift them for better financial health.
- **Track Spending Effectively,** Discover tools to monitor expenses, identify patterns, and find areas for improvement.
- **Explore Strategies for Reducing Debt and Managing Expenses,** Learn effective debt reduction techniques and how to prioritize expenses for savings.
- **Recognize Emotional vs Logical Spending,** An understanding of how our emotions can impact our spending patterns.