

## Financial Wellbeing in the Workplace: How to get started and keep going...

While financial education ideally starts at home and continues in school, from the age of 16/18/21 the majority of us enter the workplace, and we'll be there into our 60s or longer.

Employers have an important role to play in continuing financial education in the workplace and making a positive contribution to workers' financial wellbeing.

Financial wellbeing is the sense of security and ease that comes with knowing you can pay your bills today, deal with the unexpected and that you're on track for a healthy financial future.

Financial wellbeing matters because it's hard to think clearly and make decisions that serve you when you're living under a cloud of money worries.

So how can employers best support the financial wellbeing of staff? In an economic climate where more than half of employees admit finding it difficult to keep up with bills and credit commitments, according to the CIPD, the impact of which affects employee productivity and performance.

Having a page on the intranet is a good start – but do your employees *really* know what support is available and who they can turn to? Often not. Let's make more impact.

Talia Loderick, Money Coach and Festival of Happiness 2022 speaker, is here to share how to get started and keep going with a financial wellbeing programme in the workplace. And make more impact. This talk will cover...

- Key elements of a financial wellbeing in the workplace programme
- The importance of co-design – done *with* you, not *for* you
- Taking a coaching approach to aid productive money conversations in the workplace

### **ABOUT OUR GUEST SPEAKER**

Talia Loderick is a Money Coach, based in Cardiff, Wales, UK. She calls her money coaching practice TLC because when she realised the acronym for Tender Loving Care also stands for Talia Loderick Coaching, she almost swooned with joy. Because who doesn't need a dose of TLC from time to time? Rhetorical question – we all do.

Talia offers one-to-one coaching designed to help people understand and take control of their behaviour with money so they can stop stressing about money and start making sure they have enough to live well – now *and* in future. Talia also delivers financial wellbeing sessions for teams, organisations and groups because, well, we're never done learning. Visit: [www.talialoderick.co.uk](http://www.talialoderick.co.uk) and connect with Talia on social media here: [LinkedIn](#) and here: [Instagram](#).

