

Budgeting that Works Matters

Why the budgeting advice you've heard doesn't work - and what to do instead

Budgets are often recommended... but rarely work! That's because most budgeting methods ignore the realities of human behaviour, emotion, and personal values. In this session, we focus on building a relationship with money that supports control without restriction.

Whether employees are struggling with overspending, rising costs or just don't know where their money goes, this session will help them build confidence and clarity around everyday financial decisions.

Session Outline

- Why traditional budgeting often fails
- Real-life spending triggers and emotional patterns
- Aligning money habits with personal values
- Finding the right tools (spreadsheets, apps or pen and paper)
- Building sustainable habits without guilt or shame

Session Includes

- Practical budgeting frameworks
- Habit reflection exercises
- Option for follow-up support with budgeting tools

Speaker: Kim



Kim is a Chartered Wealth Manager, Certified Financial Coach, and Financial Wellbeing Trainer with over 35 years of experience in the financial and legal sectors. She combines deep technical and practical expertise with cutting-edge psychological insight to help individuals and organisations build genuine financial wellbeing.

Kim has worked with professionals at every level - from senior executives to frontline teams - bringing a trauma-informed, neuroscience-backed approach that moves far beyond generic money management. Her workshops are known for being engaging, evidence-based, and refreshingly free of jargon.

Whether supporting financial confidence, mental health, or behaviour change, Kim's work is built on one belief: when people feel safe and in control of their finances, everything else improves too.