

# Your Financial Health Matters

## A reflective session helping employees take stock of their current financial wellbeing - without judgement, overwhelm or jargon

Our money decisions are linked to every part of life - from relationships and mental health to energy levels and sleep. But most people have never taken a moment to pause and assess where they're at financially, not just on paper, but emotionally and mentally too.

This session offers a safe, structured opportunity for attendees to understand how financial wellbeing overlaps with wider wellbeing, and identify small actions that can make a big impact.

---

### Session Outline

- What financial wellbeing really means (beyond budgeting)
- Exploring the financial stress cycle and how to break it
- Mapping the 5 pillars of financial health
- How stress shows up emotionally, physically and professionally
- Choosing one practical shift to focus on

---

### Session Includes

- Guided self-assessment tool
- Personalised next steps
- Signposting to resources and support

### 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.