

Family Finances Matter

Helping families navigate financial conversations with confidence, compassion, and clarity

Money can be a source of stress, secrecy or even shame within families - especially when life feels financially stretched. But when we shift from avoidance to open, age-appropriate conversations, families become stronger, more resilient, and more financially confident.

This session explores how to build healthy financial habits and communication within the family, covering everything from how to talk to children about money, to managing household finances through transitions like separation, job loss or supporting older children.

Session Outline

- The link between family wellbeing and financial confidence
- How to talk about money across all ages, from toddlers to teenagers
- Budgeting that works for real families, not perfect ones
- Navigating big changes (divorce, redundancy, blended families, etc.)
- Supporting children's financial literacy without pressure or shame

Session Includes

- A clear, practical framework for talking about money as a family
- Tools to build positive, sustainable financial habits
- Optional drop-in follow-up for additional Q&A 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.