

# MINDFULNESS

Acknowledge your emotions without allowing them to control your reactions. This foundational workshop helps participants first identify their triggers so they can take the next steps to modify & develop healthy habits.

## Spending Habits

Core Compencies Covered

**Impulsive Buying & Decisions**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

**Self-Control**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

**Feelings of Insecurity**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

# ATTITUDE

## Protecting Your Energy & Assets

It's not what you feel, it's what you feed. After identifying the emotional barriers that can hold us back, we shift to what we can control – our attitude and actions. By being proactive, we are prepared to avoid issues before they even arise.

Core Competencies Covered

### Deposits & Withdrawals

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

### Compartmentalization of Feelings and Finances

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

### Internal & External Conflict Management

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit



# GRATITUDE

Turn what you have into enough. This section helps participants find the balance between contentment and ambition. Through creating a structure on how to manage our resources, we gain peace with where we are and confidence in where we're headed.

## Live Within Our Means

Core Competencies Covered

### Wants vs. Needs

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

### Budgeting

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

### Debt & Credit

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit



# INSPIRATION

Finding your purpose, focusing on your "why", and knowing you're making a difference in the world is something most people aspire to do. This workshop goes over various ways people can make an impact using their money, mind, and motivations.

## Leaving a Legacy

### Core Competencies Covered

**Service & Philanthropy**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

**Impact Investing**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

**Entrepreneurship**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit



# CIRCLE OF SUPPORT

The people around you can affect your outlook on life, help you explore options, you never considered, or open up opportunities you didn't imagine. They can also limit your growth if we allow them. This workshop gives insight into the importance of having a strong team and tools to expand your circle.

## Audit Your Team

### Core Compencies Covered

**Friends & Associates**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

**Advisors & Mentors**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

**Networking**

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Risk Management	Earning, Spending, Saving	Budgeting	Investments	Borrowing & Credit

