

PROTECTION FROM FINANCIAL EMERGENCIES:

Strategies for Planning and Preparing

Length: 60mins (presentation only), 90mins (includes practical exercises)

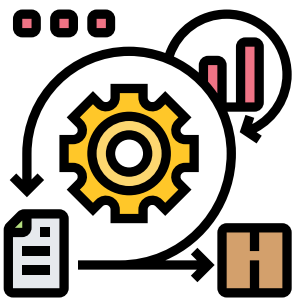
Delivery Option: Face-to-Face, Virtual

INTRODUCTION:

This session provides participants with the knowledge and skills necessary to plan for and prepare for unexpected financial challenges. Attendees will learn about creating an emergency fund, managing debt, and reducing expenses, as well as strategies for protecting their assets and income.

Content Outline:

- Making A Personal Budget
- Emergency Fund Creation
- Setting Up An Automated Savings Plan - Apps & Hacks
- Insurance Options
- Having an Investment Strategy



Methodology:

This session is interactive and participatory, with a mix of lectures, group discussions, and hands-on exercises.

Participants will have the opportunity to apply the concepts learned in real-life scenarios and receive feedback from the facilitator.

Conclusion:

By the end of this session, participants will have a better understanding of financial emergencies and the strategies they can use to prepare and protect themselves. They will have learned the importance of building an emergency fund, reducing debt, and creating a budget that is flexible and adaptable to changing circumstances.

Participants will also have gained knowledge on how to access financial resources during an emergency, such as government assistance programs and insurance, and how to prioritize their spending to ensure their basic needs are met. Additionally, they will have gained insights into the impact of emotions and behaviors on financial decision-making and how to manage them during a crisis.



Disclaimer: We provide these sessions for educational purposes only. The information provided should not be construed as professional, financial, real-estate, tax, or instructional advice.