

Personal Development

Essential Money Management Skills

Course Details

Price

£215.00

Length

Half day (09:00-12:30)

Course Overview

Money management is such an essential part of our daily lives, but so rarely are we taught about personal finance. This course will offer practical ideas on how to be in control of your money.

Content

- Making a plan to achieve your financial goals
- Identify your money mindset and learn how to manage money better
- How to set up a budget to avoid falling into debt
- Managing debt - credit cards, mortgages & loans
- Spending habits - overcoming challenges leading to over spending
- Coping with the impact of financial stress

Flexible learning that works for you

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Benefits

Financial worry is one of the most common stressors in life and can take a huge toll on your mental & physical health, relationships & overall quality of life. This course will help delegates to identify and achieve their financial priorities and goals, and give a clear picture of where they are, where they want to be and how to get there by taking control of everyday money matters.

Next Steps

If no date is scheduled for this course at the present time click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

Course Tutor

Zoe Cousens

Zoë is an Executive Coach based between Guernsey and the Gulf countries, leveraging her 35+ years' experience to help her clients to reach their full potential and achieve their goals. She began her long career in wealth management as one of the first women to work in the London Stock Exchange. Significant roles have included a Portfolio Manager for trust structures, and an Investment Consultant for a global law firm. She has more than 10 years' commercial and NFP Board experience gained in Dubai and Guernsey, as well as Chair and Treasury Committee experience in the UK national charity sector. She has undertaken projects for Guernsey's Government and the Island's Regulator and set up and managed a successful local pension scheme. Zoë is an adviser for start-ups, and being a passionate advocate for financial literacy, she founded the Women's Investment Network and Talking Money Matters to inspire people to become financially knowledgeable. She has achieved a number of professional awards and is a regular speaker at events such as the World Women Leaders Summit and the Wealth Arabia Conference, as well as being interviewed and published in the UK and UAE media.