

2024 Financial Wellness Webinars



Human Resources is hosting a webinar series that will cover a variety of financial wellness topics. These webinars will be presented by experts from ComPsych, DePaul's EAP provider, and are offered exclusively for all employees at DePaul. **Participation is confidential.**

Recordings of these sessions will be kept on the [Human Resources website](#) if you can't attend any of the sessions live.

The Five Pillars of Personal Finance

Friday, April 12, 2024 – Noon to 1 p.m.

Registration Link:

<https://attendee.gotowebinar.com/register/532235533306879069>

Overview/Description:

The United States Department of the Treasury has proposed a set of financial core competencies that will be used to establish a clear understanding about what all adults should know regarding the basic concepts of financial literacy. The five core concept areas identified are:

- Earning
- Spending
- Saving
- Borrowing
- Protecting against risk

This session covers the basics (or essentials) of each area and describes practical skills needed to competently address (or manage) personal finances.

Target Audience:

All individuals needing to improve their understanding and management of the core concepts of personal finance.

Objectives:

- Understand your paycheck in detail, including its relation to benefits and taxes
- Develop a spending plan, track spending habits, and develop a strategy to live within your means
- Define a personal savings plan, understand the applicability of different types of financial accounts, and understand the personal financial risk associated with savings and investment vehicles
- Understand the cost of borrowing and how to secure the best types of credit for the need
- Recognize the need to protect against risk through appropriate insurance vehicles and how to protect your identity against possible fraud and scams

The Psychology Behind Saving Money and Other Good Financial Habits

Friday, April 19, 2024 – Noon to 1 p.m.

Registration Link:

<https://attendee.gotowebinar.com/register/1496599589842583904>

Overview/Description:

Most people can honestly say they believe it's important to spend within their means and to save money for the future. Unfortunately, good intentions are often at odds with how our mind works. For example, many people want to save for the future but have no motivation to because they have not imagined that future. This course addresses the psychology behind saving money and adopting good financial habits. It will examine recent research related to how and why people save vs. spend and identify strategies for participants to change their financial mindset and develop new habits.

Target Audience:

This workshop is for anyone who would like to understand how to save money and develop good financial habits.

Objectives:

- Understand why some people save for the future and others spend for the moment
- Identify non-productive financial patterns and habits
- Recognize the mental and behavioral habits of people who save
- Create a compelling financial future to motivate behavior change
- Understand how to improve the capacity to delay gratification while increasing enjoyment
- Identify seven simple tools to help change spending habits

10 Strategies for Improving Your Finances**Friday, April 26, 2024 – Noon to 1 p.m.****Registration Link:**

<https://attendee.gotowebinar.com/register/8258422377827865182>

Overview/Description:

The current economic climate brings both challenges and opportunities from a financial perspective. You may wonder during these challenging times, "What should I be most careful about?" and "What should my family and I work towards?" The 10 financial tips discussed in this workshop will get you on the road to financial well-being during challenging times.

Target Audience:

Anyone concerned with their financial situation in light of the economic climate.

Objectives:

- Describe why an emergency fund is an absolute necessity
 - Identify how to categorize types of expenses
 - Describe your current financial position by putting it on paper
 - Describe how to begin paying down debts
 - Identify ways to improve your credit score
 - Describe how to evaluate your insurance coverage
 - Identify how to build or refine your retirement plans
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