



Money and Me

By exploring a person's relationship to money, this kind of financial wellbeing programme builds self-awareness in financial issues.

It allows people to understand their own drivers when making decisions so that they can take conscious control of their finances. This allows them to utilise what money they have to best effect and to stay clear of problems.

PDP has developed a training programme that will bring about the behavioural change required for a sustained approach to financial capability and where participants will get the opportunity to explore their values relating to money, thus enabling them to make more effective financial decisions.

This one day course explores each participant's relationship to money through focusing on personal values, using cash as a training aid whilst involving 'real-play'.

During the day participants will make and review decisions around:

Earning - The group earn real money through a variety of given activities and explore different issues related to earning

Buying - The group explore buying and will consider what constitutes a good deal

Selling - The group then explore selling and look at any differences between good deals when buying/selling

Sharing - The group will then be asked to share the money they have collectively gained fairly but not equally

Taking and Investing - Each individual can now decide to keep some of their money or invest it into the last exercise

Giving - The group now pool their money and give it away to a worthy cause or person of their choice and we will explore the responsibility that goes with giving.

Costs of this 1 day programme are dependant on group sizes.



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