

Financial Wellness Calendar 2018



January

Cancer Awareness Month



From Now to Wow

Where are you now on your financial journey? Have you started the year with a financial hangover caused from overspending? Do you have a financial plan in place for 2018? Financial Coaching can help you.

Financial Interventions

Sign up for the 52 week savings plan

February

14th Valentines Day
Healthy Lifestyle Awareness Day

Money Relationships

What type of relationship do you have with money? How does money affect your relationships with others? What financial relationships do you have in place with your Bank, Financial Planner and Financial Service Providers? Learn more, contact your Financial Coach.



Workshop and Virtual Guide - 10 Steps to Build Better Money Relationships.

March

21st Human Rights Day
8th International Women's Day
TB Awareness Month



Chaos to Credit Conscious

Are your finances in chaos? Do you know what your creditors think about you and the way you handle your finances? Help is at hand – Get your free credit report today.

Workshop
Become Credit Conscious and Move from Chaotic to Calm.

April

2nd Family Day
27th Freedom Day
World Health Awareness Month
Health Awareness Month
Flu Shots/ Healthy Food/ Healthy Mind and Body

Healthy Finances - Healthy You

How financially healthy are you? Many people don't understand the impact financial stress has on their overall health. Help is at hand – start by assessing your financial health.



Financial Health Assessment

May

1st Workers Day
13th Mothers Day
Anti Tobacco Month



What's Working, What's Not - Is it time to replace bad habits with good?

How do your habits affect your finances? Start changing your money habits by becoming financially conscious.

Financial Interventions

The 3 Step Approach to Changing your Money Habits

June

16th Youth Day
17th Fathers Day
Men's Health Month
National Blood Donor Month

It is Not Taboo - It's Time to Talk

The importance of having a money conversation with your children, spouse or partner. This month learn how to have a money conversation with those who have an impact your finances.



Workshop - Money Conversations
How to broach the topic of money with those you love. In this workshop we explore how to have these sensitive conversations, black tax and more.

July

18th Mandela Day
Mental Issue Awareness Month
National Savings Month



Secure Tomorrow. Save Today

The cost of delay. When you start is more important than the amount you save. Learn how the magic of compound interest can transform your savings.

Financial Focus Days
Bringing the specialists to your work place, from retirement benefit specialists, to the banks, credit providers and more.

August

National Women's Day
CANSAs Care Week

Wonder Woman – Behind every successful woman is herself

Are you a financial wonder woman despite juggling your various roles, from business woman to working mom, sister, aunt, daughter and more? Do you have the skills to create a secure financial future?



A Women's Day Workshop that explores factors specific to women and personal finance. The workshop addresses the fact that a man is not a financial plan and engages with women on how to be a woman of financial vision.

September

1st Spring Day
24th National Heritage Day
National Wills Month



Spring into Action
80% of people don't have an up to date Will. It is time to action this vital financial tool which protects those who you love when you are no longer here to protect them.

Financial Interventions

Wills Power Talks and Workshops
Online Learning on what happens if you die without a Will.
Electronic Survey on how many people have a Will and whether beneficiary nomination forms have been updated, along with a report back to management?

October

Breast Cancer Awareness Month, Retirement and You

Check in now for a great check out

Check in with your financial coach and your financial benefits provider on what is the balance in your retirement savings account. Only 1 in 10 people can afford to retire. It is time to check on what protection elements you have in place in the event of a dread disease, disability or in the case of a unexpected incident.



Check in with your Financial Coach - Send us your financial question that you may have and we will find the answer.

November

Men's Health and November



Dudes' Do's and Don'ts

A financial guide for men. What are the key components to a financial plan and how to implement this in your own financial life.

Workshop - A Men's Guide for Personal Finance

An interactive workshop geared to giving men direction when it comes to their financial lives.

December

16th & 17th – Day of Reconciliation
25th – Christmas Day
26th – Day of Goodwill
World Aids Awareness Month
Skin Cancer Awareness Month

Wrap Up 2018

Consider what you have achieved in your financial life this year. It is not too late to tie up any loose ends. Download our guide for the top tips on managing your finances that we have covered this year.

