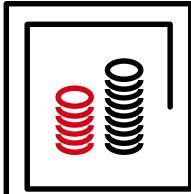


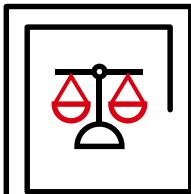
# HIIT Financial Wellbeing Talks

Our HIIT sessions will cover a specific topic in a shorter higher intensity seminar to aid your Financial Wellbeing



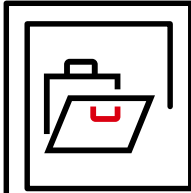
## Budgeting

One of the key ways to take control and manage your Financial Health is creating a budget. Budgeting can help you to create a spending plan for your money so that your money could work harder for you and that you stay on the right track to reaching your financial goals.



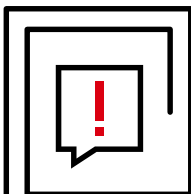
## Managing Debt

Dealing with money issues can sometimes be off-putting, and feeling overwhelming, but not knowing how and where to get support, can mean end up losing out financially, this presentation signpost support services and information to help you get back on track.



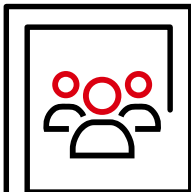
## Credit Scoring

The concept of a credit score is tricky to understand at the best of times, but with this presentation, you'll be better placed to know how a credit score is put together and what your score means for you.



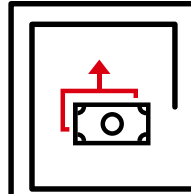
## Fraud

The methods fraudsters use are forever changing and now more than ever it is important to understand the risks and how to not fall into an imposters trap, with our 'Fraud' presentation you'll be better placed to know what to check that could help keep you and your money safe.



## Taking Care

Around 1 in 8 people in the UK take on care responsibilities, this can put a large strain on a person mentally and can play a large role in how finances are managed. Our presentation helps to explain some of the support is out there for both carers and cared-for people and what banks can do to make managing money easier.



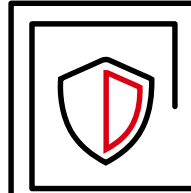
## Savings

Knowing where to start when you want to save money can feel daunting, but it doesn't need to be. With a few small changes to the way you manage your money, you can create a clear path forward to get where you want to be. It is important to look at your goals, consider inflation within your plans, and know the different options.



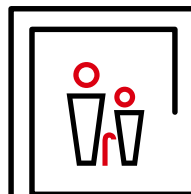
## Investing

Before you invest your money, it's important to invest some time into learning the basics and understanding the risks. With that in mind, we've demystified the jargon and unpicked the detail to bring you a guide that could help you navigate this new world.



## Protection

A large chunk of our life could be spent building a career, growing a family, amassing both personal and financial wealth, but how do we go about protecting this against future events? During this presentation we will cover off the core types of protection which could be used to help to the build a future for you and your loved ones.



## Pensions

Our presentation can help to understand the benefits of saving into a pension scheme. You might have one or more different types of pension. Understanding which you have is important because it affects the decisions you need to make as you approach retirement.