**Savings in 60 seconds - Video Transcript**

Hi, I’m Rebecca and this is Savings in 60 seconds.

Saving money can be difficult and is often a low priority for those on low incomes or receiving benefits.

Saving is setting aside money for emergencies or a future purchase. It is money that can be accessed quickly with little or no risk.

Saving money no matter how small, helps to safeguard against unexpected expenses.

**When it comes to saving money there are really four areas that are important in order to be successful.**

These include:

* Recognising any barriers to saving
* Having saving goals
* Understanding what is coming in and what is going out

and

* Identifying where savings can be made.

In Money Supporter Training we cover a range of techniques and resources which are available to help people save their money.

We will discuss good saving habits and how they can be established by a person with the right motivation and support.

Money Supporter Training informs on ways to keep people motivated about saving money.

Remember that with your guidance people should be supported where possible to save their own money.

Thank you for watching Savings in 60 seconds.

**Rebecca**

**Money Supporter Training**

**Co-design workshop participant**