**Budgeting in 60 seconds - Video Transcript**

Hi, I’m Douglas and this is Budgeting in 60 seconds.

Supporting someone with budgeting can help build financial resilience.

It is important to discuss the benefits of budget planning and support people to maximise their income.

Creating a budget puts the person you are supporting in control of their money.

In Money Supporter Training we provide guidance on budgeting tools and what budgeting involves.

Everyone has different priorities when choosing how to spend their money. When budgeting it is important a person is aware of what is priority and non-priority expenditure.

Money Supporter Training informs on helping someone to stick to their budget plan once this is in place.

Remember that with your guidance people should be supported where possible to maintain and manage their own budgets.

Thank you for watching Budgeting in 60 seconds.

**Douglas**

**Money Supporter Training**

**Co-design workshop participant**