

### **Course Goals:**

**New knowledge & skills:** Participants will leave the course with increased knowledge and improved skills relating to money and finances.

**Confidence:** Participants will have greater confidence in handling their finances.

**Financial goals & a plan to achieve them:** Participants will have healthy financial goals and habits and will be able to question and reflect on their current financial situation to strategize ways to improve it.

**Reduced financial stress:** Participants' feelings of shame or hopelessness around money and financial situations are reduced as they learn new information and skills in a safe environment.

### **Thoughts & Beliefs about Money**

Most people have strong thoughts and feelings about money, especially when their financial situation is insecure. First, spend a few minutes thinking about how money makes you feel. What words come to mind?<sup>2</sup>

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<sup>2</sup> Original material from Peerlink National Technical Assistance Center.