



Workplace Financial Wellness Programme

Questions?

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School of Human Capability

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SELFMATTERS

Everyone deserves to feel
financially secure.

About Us

SELFMATTERS is a School of Human Capability.

The reason for our being is to help individuals begin again by providing wider access to social, emotional and financial capability resources and a community to support and sustain the change they've created for themselves.

The **Workplace Financial Wellness** is one of our programmes.

Why Work With Us

- Committed to continuous innovation and improvement.
- Our courses are backed by science and research, and with social and cultural relevance.
- Unbiased. Impartial. Just the facts.
- Highly qualified course creators.
- Content and context are designed with empathy and real world applicability.
- Recognised CPD course for professionals.
- **Our literacy ethos aim at reducing financial literacy gap, gender inequality, and increase human transformation and social change at scale.**

SELFMATTERS is committed to supporting employees' health and wellness.

In partnership with organisations acting as agents and conduits, we help them invest in their people's financial well-being thus impacting positively their employees' quality of life, the company's productivity and creating stronger communities.

We tackle the generational deep-seated challenge of financial illiteracy and financial distress through wider access to social and financial capability training, and access to financial services to be able to act on opportunities.

Together, let's transform the world for good.

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Why Financial Wellness Matters

- Covid-19 is a health crisis that morphs into a financial and mental crisis.
- Mental health problems may also lead to productivity losses.
- SWS surveys 58% of respondents are stressed.
- Per S & P survey, majority had no idea about inflation, risk diversification, insurance, compound interest and even the idea of bank savings.
- More than 80 % of the working middle class have no formal financial plan.
- Employees do not leave behind their financial worries at home or in other place to focus on work. They bring it with them at work, anywhere where they are.
- Everyone deserves to feel financially secure.
- **This is where Workplace Financial Wellness Programme can come in to help employees to access it from their home or onsite work.**

Why Provide a Financial Wellness Programme in the Workplace?

The workplace is where money is earned. The salaries and wages of employees are the object of decision for day to day needs and for intermediate, short-term medium and long-term needs.

People spend most of their lives navigating the different life stages at the workplace e.g. get married, deal with health, plan child care and retirement.

It is critical to close the financial literacy and gender inequality gap. Men are more interested in investing and more knowledgeable about money than women,

Based on research, the workplace is a pivotal place to hold financial wellness because behavioural change can happen with the right incentives, and where social transformation at scale can spring about.

Workplace Financial Wellness Programme

Financial Wellness is a Mental Wellbeing Programme.

Financial Wellness is a state of enhanced financial wellbeing or health because a person's personal economy is well managed thus increasing his/her quality of life.

The **Workplace Financial Wellness Programme** is a **timely, relevant once-in-a-generation-opportunity** to shape the **workplace culture to be kinder, more compassionate, healthier and equitable place for everyone.**



Benefits of Financial Wellness

- Reduced stress
- Better relationship
- Increase in employee productivity, creativity, retention and engagement
- Organisations can do beyond the minimum and contribute to a healthier, happier and more equitable communities.

Suite of Financial Wellness Programmes

Employers can provide options to a multi-generational workforce.

Some of the courses:

- Retirement Planning
- Medical and Health Care Planning
- Debt Management Programme
- Financial Planning
- Investment planning
- Personal Annual Planning and Strategy
- Financial Coaching/Counselling Programme

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