

Federal Occupational Health

Organizational Development and Leadership Services

Financial Wellness Training

Did You Know... Financial Stress and Its Impact

Seven out of ten workers say financial stress is their most common cause of stress, and almost half (48%) say they find dealing with their financial situation stressful.

61% of human resource professionals believe financial stress has impact on work performance.

24% of employees admit their personal finances have been a distraction at work.

39% of financially concerned employees spend at least three hours each week either thinking about or dealing with financial problems while at work

How Training Can Help:

Build wealth

Learn how to set financial goals, calculate your net worth, develop a budget road-map, decrease debt loads, evaluate your credit, enhance investment education and improve retirement-readiness.

Secure wealth

Learn how to protect assets and wealth during and after life, gain impactful knowledge and resources pertaining to life insurance, and basic estate planning. Participants will also learn about financial planning considerations for their loved ones.

Protect income

Income is your #1 asset! Embrace, understand and prepare for the financial impact of furloughs, layoffs, unexpected occurrences/illnesses, and surviving through the Sandwich Generation (caring for parents and children). Explore the mental, emotional, and physical health aspects of all family members, and learn about disability insurance.

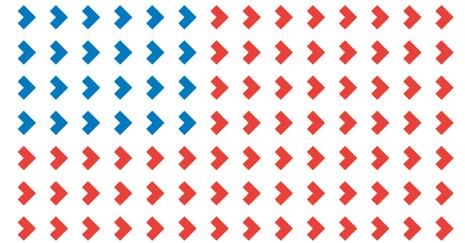
Life planning

Participants will be equipped with tools to help navigate life changes from marriage, growing a family, paying for college, funding unexpected illnesses, financially surviving divorce and long-term care for parents.

Secure your team

Gain a solid understanding of how to hire and vet each member of your wealth building team to include your banker, financial coach, financial advisor, accountant, insurance agent, physician, dentist and temporary members.

Please contact the foh organizational development and leadership team for rates and services



FOH ▶ 70 years

ABOUT

Financial Wellness Training is a comprehensive Education Training Program used to provide employees essential financial tools and training resources to execute a workable household financial plan. This program promotes retirement readiness while increasing employee engagement and decreasing employee stress, absenteeism and turnover.

FAST FACTS

The Financial Wellness Training is a game-changing, knowledge-based educational training program that provides a useful roadmap for federal employees as a career-long achievable endeavor towards promoting financial stability and federal benefits awareness. Moreover, delivering financial wellness has proven to raise retirement savings upon retirement by 10%.

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