

# FREE Financial Capability coaching and workshops

Good Shepherd's Financial Capability workers provide one-on-one coaching and group workshops to help people build their financial resilience and make better financial decisions. This is a free, non-judgmental and confidential service.



## For information, bookings & referrals:

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Financial Capability Worker

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This program is funded through the Commonwealth Department of Social Services. Interpreters available.

## Workshops

Activity based, interactive sessions to encourage peer support and learning, tailored to meet the specific needs of the group.

Sample topics:

- **Understanding your financial situation.** Set financial goals, understand your bills and the budget that suits you, and plan your financial independence journey.
- **Budget Planning.** Learn to control your money and stress less about it through organising bills and exploring ways to decrease your expenses.
- **Planning Ahead.** Start your financial journey through generating additional money, managing debts and finding the right support services for you.
- **Utilities.** Learn to read bills, government supports available and how a Financial Counsellor can help.

## One-on-one coaching

Our approach draws on the strengths of the client and is tailored to meet their needs.

Sample topics:

- Budget planning
- Financial goal setting
- Understanding credit
- Establishing a savings plan
- Utility, mobile and other contracts
- Other topics as needed

## You are eligible if you are:

- receiving a Commonwealth allowance/payment
- a newly arrived migrant, non-citizen or refugee, or
- a woman experiencing family violence