



Financial Wellness Level 1 Course Outline

Financial Wellness is the discipline of running personal finances to live within the individual's personal means. Batswana are currently experiencing high levels of personal debt which is leading to high levels of stress. This in turn impacts on workplace behavior, and many employers are keen to address this issue through financial education.

Financial Wellness Level 1 is a one-day workshop and it will assist all Batswana, young and old, skilled and unskilled, throughout the country. Money has to be earned to pay bills and survive, but not everyone understands how best to save, budget and resolve debt problems. This course will take each participant through a basic financial fitness test to assess their financial status, then they will be taught money management and how to improve their financial situation.

This one-day workshop will help you teach participants how to:

- Know how to evaluate their personal financial status
- Learn financial terminology
- Understand money management processes including interest rates, inflation, household budgets and smart shopping.
- Learn skills to improve their financial situation for now and the future, these skills include debt management, living within your income, savings, scams, bad investments, insurance and retirement

Course Overview

You will spend the first part of the day getting to know participants and discussing what will take place during the workshop. Students will also have an opportunity to identify their personal learning objectives.

Pre-Training Assessment

- Evaluate personal capabilities
- Explain upcoming training

Basic Financial Fitness – Revealing the Problem

- Financial Terms - Define basic financial terminology
- Financial Fitness Test - Determine current financial position & identify problem areas



BQA Accredited ETP



Money Management – Understanding the Problem

- Financial Terms - Define financial terminology relating to this section
- Interest Rates - Process calculations on interest relating to borrowing & saving
- Inflation - Identify with the principles of inflation and its effects on future costs
- Household Budgets - Demonstrate understanding of planning personal expenditure
- Smart Shopping - Distinguish between choosing a brand choice vs. what advertising and tradition teaches us.

How To Improve Your Financial Situation – Solving the Problem

- Financial Terms - Define financial terminology relating to this section
- Debt - Explain what debt is and how to manage it
- Living within your Income - Apply the use of a budget book to know where money is being spent and how to spend it more efficiently
- Savings - Demonstrate of various ways to save
- Scams & Bad Investments - Learn how to spot a scam when looking at investments
- Insurance - Explain the principles of and necessity for insurance
- Retirement - Understand the importance of planning for retirement

Workshop Wrap-Up

At the end of the day, students will have an opportunity to ask questions, fill out an evaluation and their action plan.

Post Training Options – Evaluation and Assessment

- Follow Up Assessment
- Check on Implementation – Behavioral Changes
- Intervention through Counselling
- Continual Development Program – 1 year



BQA Accredited ETP