

HelpNet webinar

MASTER YOUR SPENDING

This webinar teaches you to master the emotional side of money and regain their financial dignity. Topics discussed include: Why traditional budgets fail and what you need instead, the two key things you need to do BEFORE making a plan, to have productive money discussions with your significant other, keys to outsmart emotional spending before it happens, how to create a personalized plan that works for YOU. The webinar will provide a Spending Plan worksheet to apply the principles learned to your finances immediately. This workshop will help you become and stay financially healthy.

AVAILABLE ON DEMAND STARTING OCTOBER 1

To access Continuum's HelpNet, visit **4continuum.com** and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

Available when you need us, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.