

Begin

A man with a beard, wearing a light blue striped shirt and tan trousers, stands with his arms crossed, smiling as he looks at a laptop. A woman with her hair in a ponytail, wearing a black and white striped shirt, stands next to him, pointing at the laptop screen. In the background, two other people are visible in a bright, modern office environment.

Financial wellbeing



Bank of
Ireland

What is financial wellbeing?



Financial wellbeing is...

about what you do with your pot of money, not the size of it. It's about making sure that you can cover day-to-day expenses, plan for the future, and cope with the unexpected, enabling you to do the most with what you have.

Why is it important to bring financial wellbeing to your employees?

Wellbeing Programmes often focus on physical and mental wellbeing but, have you considered your employees financial wellbeing? Have you ever thought your employees are suffering from financial stress what impact it would have on your business?



In a number of recent surveys* Financial Stress has been identified as the **Number One** Stress suffered by employees.

Employees with money worries are more likely to have sleepless nights, not finish their daily tasks and to have troubled relationships with colleagues.

They are also more likely to be looking for a new job.

1 in 3 employees report financial issues as a distraction at work.

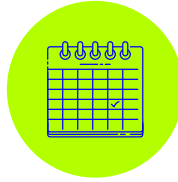
The workplace is a natural location for Financial Wellbeing Initiatives to take place, because it's the location where people earn money.

At Bank of Ireland, we offer FREE OF CHARGE financial wellbeing programme to assist your employees make informed financial decisions, to enhance their knowledge, by giving them an understanding of key financial topics and concepts.

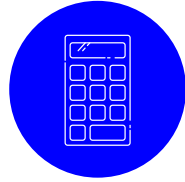
The areas Bank of Ireland can help with



Family protection



Retirement planning



Budgeting



Savings & investments



Mortgages & Debt

How the initiative can be delivered to your employees

The Bank of Ireland Financial Wellbeing programme can support your employees/members by providing educational financial seminars delivered by our dedicated financial wellbeing coaching team, either digitally or onsite.



The programme is module-based and can be tailored to suit your employees/members. It can fit seamlessly into an existing wellbeing programme or stand alone.

Seminar topics delivered by our coaching team are:

Financial Wellbeing Seminars topics

- ▶ **Financial Wellbeing Overview**
- ▶ **How to make a Spending Plan**
- ▶ **Saving Success**
- ▶ **Borrowing Better**
- ▶ **Making your Green Footprint Matter**
- ▶ **Coping with Cost of Living**
- ▶ **Pensions 101**
- ▶ **Beginners Guide to Home Buying**
- ▶ **Legal Protections**
- ▶ **Safeguarding your Digital Financial Wellbeing**

These are bitesize talks which take between 30-40mins per seminar.

Testimonials

A lot of the material covered is something people I know would have in their mind already, but the webinar gives reassurance that is the right thing to do.

Employees gave great feedback and appreciated the practical and down-to-earth nature of the advice. From an employer point of view, it was nice to be able to provide interesting content that benefits the team and can be conducted during working hours.

Jane Brady
Brady Insurance, Carrick-On-Shannon

It was excellent, reminded me of what I should do and change, great presenting informative and clear.

After working for years for employers, when I started up my own business the one thing I always knew is that I'd ensure my staff were content and that I would always look for ways to improve their happiness in the work place. Something myself and the staff took away from these talks was how important financial wellbeing is for your future and coincides a lot with your mental health and reducing your future stresses.

Cormac Byrne
Bluezone Fitness, Wexford

Supports and contacts

The online financial wellbeing centre

A better understanding of Financial Wellbeing and equipping people with the tools, skills and confidence to manage daily finances, allows them to live comfortably, meet long-term financial goals, and plan for a better future.

Our online centre offers customers a hub where they can measure their current financial wellbeing health. It offers supportive resources in the form of tips, topics, techniques and content to enable them to improve their financial wellbeing and thrive.



Visit bankofireland.com/financialwellbeing to find out more.

Contact Us

You can make an enquiry, or book a financial wellbeing seminar with your local coach by emailing

financialwellbeing@boi.com



Bank of Ireland is regulated by the Central Bank of Ireland