

October 2026 - EAP Webinar

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Saving Strategies

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Many people do not have a healthy level of savings, despite knowing the importance of having money set aside for emergencies, purchases, college, and retirement. In this financial wellness workshop, you will learn how to utilize emotionally charged saving techniques that will motivate you to set and keep your savings goals. We will discuss how spending and saving are two sides of the same coin, the reasons to save, why willpower is overrated, the power of “mindless saving”, and more.

You will leave the class with valuable tools and techniques to start improving your financial health immediately.

