

MONEY AND ME: A GUIDE TO MONEY MANAGEMENT

With expert speakers:

Natalie Hughes - NatWest
Claire Morton - Space &
Freedom



**Scan this code to
book your place!**

Join us to learn about how to
look after your money and your
mind.

**Tuesday 31st January
10am - 2pm**



54 St James Street,
Liverpool, L1 0AB

WHAT'S ON...

Rising living costs and financial uncertainty are causing mental stress and have a real negative impact on our community. It is more important than ever to beat your financial fears and develop a healthy money mindset to get you through tough times.

This money management event is all about learning to look after your money and your mind. Topics include how to develop a healthy money mindset, learning the strategies to gaining control of your budget, and taking the fear out of managing your money.

Itinerary

10am - 11:30am - Group activities

11:30am - 12pm - Light lunch

12pm - Talk from Natalie and Claire

1pm - Talks from community organisations

Confirmed organisations include **Citizen's Advice, The Life Rooms, Liverpool Children's Centre**, and more!

Claire Morton

Claire is a leading well-being consultant as well as a best-selling author.

She is an expert meditation, mindfulness, emotional intelligence, yoga, and well-being care and will be teaching how to be mindful with your money and how to rationalise spending.

Natalie Hughes

Natalie has over 14 years banking experience and is currently NatWest's Local Enterprise Manager for Liverpool.

She will be sharing her top budgeting tips on how to save money in today's economy.



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