



# Financial Foundations

**Build your money skills and  
confidence with our workshops**

Our free Financial Foundations workshops are designed to build your financial resilience, empowering you to take control of your money and future. We support businesses, organisations and community groups, helping individuals at all stages of life.

[Click here to watch our workshops in action](#)

**“I would like to thank all of those involved in pulling this workshop together and then delivering it so effectively. I would definitely recommend this to other businesses who are looking to support their staff with their financial wellbeing ”**

**Neil Johnson, Operations Director, Apex Recruitment**



**NatWest**

**TOMORROW BEGINS TODAY**

# The workshops

## Building Blocks

Get to grips with the money basics: an introduction to banking, understanding your money, how to budget, borrowing and credit scores.

**Great for:** those starting out on their money journey

## Changes and Choices

The perfect follow-up to Building Blocks. Understand your relationship with money, how to deal with the unexpected, save for big events and deal with debt.

**Great for:** those starting out on their money journey

## Fraud and Scams

Learn how to identify common financial scams and protect yourself from fraudsters.

**Great for:** anyone looking to learn more

## Protection

Understand types of insurance cover for yourself or your home, why it's so important and how it can help you and your loved ones.

**Great for:** anyone looking to learn more

## Cost of Living

Understand how to tackle the rising cost of day-to-day expenses by exploring budgeting tips, savings strategies, and what to do if you're dealing with debt.

**Great for:** anyone struggling with the cost of living

## Steps to Financial Wellbeing

Learn new tips to take your budgeting and saving to the next level, tackle debt and plan for the long term.

**Great for:** those ready to build on their foundations and polish up their knowledge

## What to expect

- We offer both virtual and in-person workshops, depending on your location.
- For those starting out on their money journey, we recommend completing Building Blocks, Changes and Choices and Fraud and Scams.
- We don't give advice, but our workshops have been created to offer money tips and boost confidence.
- Workshops usually last between 45 and 60 minutes.
- The workshops are designed to be interactive. Come ready to explore money matters with the rest of the group – and bring questions!
- After each workshop, we share takeaway notes that summarise the main points and provide further resources.

## Book a workshop

Get in touch on  
[financial.foundations@natwest.com](mailto:financial.foundations@natwest.com)

