

## FINANCIAL CONSCIOUSNESS TRAINING AUGUST/SEPTEMBER 2025

This custom-tailored curriculum supports people with complex trauma to understand their relationship to money and abundance, using real-life experiences, peer-led group activities, and periods of individual reflection. The activities, modules, and lessons were designed based on general principles of financial education and best practices in the field. They reflect well-established educational methods for improving financial capability, focusing on both practical skills and mindset shifts.

This curriculum is designed to help women embody the aspects of abundance and well-being, while providing the technical tools to help them manifest good financial outcomes. In the long term, peers will be the best learners and teachers of the concepts included in this work.

# ECONOMIC MOBILITY

#### What is Financial Consciousness?

The connection between attitudes, beliefs, and financial behaviors and your outlook and approach to life and well-being.

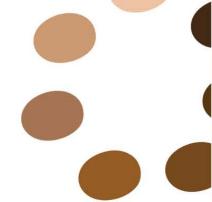
- Consciousness is awareness. It is tied to your ability to attract opportunities and resolve financial challenges.
- Mindset is a "setting" for the mind; a window to your consciousness that is more tactical and less expansive than consciousness. Mindset focuses on the daily activities needed to expand your awareness.

Your mindset is the "setting" that enables your awareness!

Learn More







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### **Course Topics:**

Week 1: Building a Foundation for Abundance
Week 2: Budgeting and Management
Week 3: Saving for the Future
Week 4: Understanding Credit and Debit
Week 5: Investing for the Future
Week 6: Economic Security and Long-Term Planning
Week 7: Building Resilience and Addressing Setbacks

**Online Registration Opening Soon!** 

Learn More





