



## FINANCIAL WELLBEING AT WORKPLACE



*The cost-of-living crisis is impacting almost everyone. Incorporating financial wellbeing strategies is an almost essential step.*

Below, are a few financial workplace wellbeing ideas to support yourself through a difficult time.

### **Create a network for savvy shopping**

Many of us use shop-specific points cards, but we may not always spend them. Swap or sell points you won't use with each other. You could also create a pool of coupons, where you donate your unwanted vouchers that other staff can use.

### **Outline career progression opportunities**

Realistically, most people want to progress in their careers in order to earn more money. Set out a clear career progression so you can see what you need to do to progress, and where it will take you.

### **Pension enrolment**

Many people who are living pay-day to pay-day won't be too concerned with their finances in later life. But at some stage, they will most likely want to retire. Enrol into pension schemes as pension contributions has great benefits that not many consider, especially early in their careers.

### **Be mindful of expenses (like commuting)**

The cost of living continues to rise. As such, fuel costs can really add up while using your own transport for commuting to and from work. Consider using public transport or school transportation more often to work to reduce daily travel expenses.