



Groundwork

FOUNDATIONS FOR HEALTHY FINANCES
MONEY-SKILLS.CA

Coach-Led 6-Week Group Coaching



Red is your video host who introduces each session, announce breaks for activities, and summarizes your action items every class. **Your main instructor is a licensed financial coach or counsellor.** This combination helps you learn key financial concepts and an industry-leading process for building healthy financial foundations in a fun and engaging way.

Join or Host a Class

6 In-Person or Online Classes
1 Private Coaching Call
VIP Upgrades Available

This coach-led, video-supported financial literacy experience is designed for real people living real lives — just like you. It isn't another boring money course. It's a hands-on, guided journey that **helps you understand why you do what you do with money and gives you the tools to finally change it.**

Through powerful videos, meaningful discussions, and practical exercises, you'll learn how to:

- 💰 Build healthy money habits
- 🎯 Align your finances with your values and goals
- 💡 Master smart strategies for saving, spending, and paying off debt
- 🏗 Strengthen your financial foundation for long-term success

By the end, you'll feel more confident, capable, and in control — ready to experience what healthy finances can do for your life, your peace of mind, and your future.

Session 1: Discovery

- 📌 Financial Resiliency Assessment
- 📌 Financial Capacity Snapshot
- 📌 Income Streams Assessment
- 📌 Minimizing Unplanned Spending
- 📌 Cash Flow Assessment
- 📌 Treasure Hunt Challenge

Session 2: Needs & Wants

- 🎯 Identifying Your Core Values
- 🎯 Addressing Needs
- 🎯 Financial Wellness Assessment
- 🎯 Creating Your Dream List
- 🎯 Finding Your WHY (Purpose)
- 🎯 Defining Success

Session 3: Saving

- ⌚ Building Financial Security
- ⌚ Creating Your Priority List
- ⌚ Starting Emergency Funds
- ⌚ Tracking Your Sinking Funds
- ⌚ Assessing Opportunity Cost
- ⌚ Using Compound Interest

Session 4: Spending

- ⚖️ The Order of Operations
- ⚖️ Creating Your Spending Plan
- ⚖️ Managing Irregular Income
- ⚖️ Adjusting for Surprises
- ⚖️ Percentage Planning
- ⚖️ Identity Theft Protection

Session 5: Debt

- 🔥 Defining Debt
- 🔥 Identifying Unhealthy Cycles
- 🔥 Wise Leveraging
- 🔥 Addressing a Poverty Mindset
- 🔥 Improving Cash-flow
- 🔥 Debt Elimination Plan

Session 6: Generosity

- ❤️ The True Measure of Wealth
- ❤️ Benefits of Giving First
- ❤️ Spontaneous Generosity
- ❤️ Strategic Generosity
- ❤️ Responsible Giving
- ❤️ Creating a Giving Plan