

2023



🔍 womensresiliencecentre.com.au
☎ 02 99791865
✉ jaclyn@wresilience.com.au

Financial Wellbeing

Kate Mckenna High Performance Coach

THE PROGRAM WILL HELP YOU:

- > Manage everyday finances
- > Plan and manage budgets and debts
- > Understand post-separation finances
- > Discover your attitude towards money
- > Build confidence and wellbeing

AUDIENCE

Women wishing to reset their lives after experiencing domestic violence, trauma or deep loss.

We support the path forward post crisis care.

REGISTRATIONS NOW OPEN!

We keep groups small, and places are limited.

Please send an email to jaclyn@wresilience.com.au to register your interest.

We will then reach out with more information and confirmation of your spot.



FREE

ONLINE

Part A: Financial Skills

- 01** THURSDAY 9 MARCH, 10-12 pm
Setting your personal goals
- 02** THURSDAY 16 MARCH 10-12 pm
Financial Health Check
- 03** THURSDAY 23 MARCH, 10-12 pm
Household budgets

Part B: Money mindset

- 01** THURSDAY 4 MAY, 10-12 pm
Discovering your money mindset
- 02** THURSDAY 11 MAY, 10-12 pm
Overcoming limited beliefs
- 03** THURSDAY 18 MAY, 10-12 pm
Energy and mental fitness
- 04** THURSDAY 25 MAY, 10-12 pm
Building resilience and control

IN PERSON

Two day Part A & B integrated workshop

Time: 10am-2pm BOTH DAYS

Level 1, Suite 1, 1761 Pittwater Rd, Mona Vale, Sydney

Day 1 FINANCIAL SKILLS
Tuesday 14 March

Day 2 MONEY MINDSET
Tuesday 21 March



The 2 hour session can make a huge difference in outlook and state of mind. Having the guidance, conversation and exercises not only helps financial resilience, but the principles can be applied to many aspects in our lives. My mood had shifted from fragile, but resilient, to positive by the end of the session.
- Emma (Participant in Winter Program 2022)



About Women's Resilience

The Women's Resilience Centre is a place of hope, healing and recovery for women who have experienced domestic abuse, trauma, grief and loss. We provide a safe and secure environment to enable women to reset their lives and move forward with confidence. We offer trauma sensitive capability building and wellbeing programs supported by lived-experience mentoring support.

Our centre welcomes LGBTQIA+ community



Acknowledgement of Country

The Women's Resilience Centre acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of this land and pay our respects to Elders past, present, and future.

We pay our respects to the Garigal people, who's land the Women's Resilience Centre stands and operates on.



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Women's resilience centre



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