FOUNDATION FOR WOMEN'S FINANCIAL EDUCATION

Empowering Women Through Financial Literacy

Course & Seminar Offerings

Advanced Investing

Course style, multi-day, 45-60 minutes per session

You may know what you have, but are there other options available to you to complement your investments? This series of courses provides a deeper dive into asset allocation, evaluating funds, bonds and individual securities. Learn the terms and ways to analyze risk and return, as well as how to avoid irrational investing behaviors.

Basics of Financial Planning

Seminar style, single day, 60-90 minutes

From cash flow to debt management, credit reports to planning your future, knowing the basics can help you get started on the right foot (or get you back on solid footing). This interactive class assists you with financial goal setting and preparing to make the most of what you have, no matter how much you have.

Basics of Money Management & Investing

Seminar style, single day, 60-90 minutes

If you feel like your finances are never quite organized, this session will help you to create a framework for your money life. Review ways to manage debt, put your money to work, understand risk and maximize your employment benefits.

Budget Boot Camp

Course style, multi-day, 45-60 minutes per session

We know, we *know* the benefits of maintaining a budget. Life gets in the way, or your budget is more complicated than you expected… this camp provides simplified documents and strategies to tailor your budget in a way that sticks. Identify your personal budget motivations and create goals for debt, savings and more.

College Changes: Admissions & Aid

Seminar style, single day, 60-90 minutes

The FAFSA (Free Application for Federal Student Aid) is not just for need-based aid. Most colleges use the FAFSA for merit grants and scholarships. The impact of test-optional admissions, coupled with increasing selectivity at a small but growing group of schools makes it essential to consider financial implications as part of the application landscape.

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Debt Management & Budgeting

Seminar style, single day, 60-90 minutes

You say: making, spending, and trying to save money – I say: cash flow, net income, and expenses. Your finances don't have to seem like a foreign language. Learn strategies for managing what comes in against what comes out.

Estate and Life Insurance Planning

Seminar style, single day, 60-90 minutes

Do you have enough insurance? Too much? The right type? Will your assets end up where you think they will? What debts must be paid when someone dies? Estate planning is not just for the wealthy - everyone benefits from a plan for the last phase of life.

Financial Basics for College Students

Course style, multi-day, 30-45 minutes per session

Students often have no education or training for the major financial decisions that occur early in their careers. Understanding the impacts of credit, loans, evaluating first job salary options and benefits, taxes, and the wonder of saving now for your retirement will prepare you for a strong financial future.

Understanding Health Insurance

Seminar style, single day, 45-60 minutes

Employed, self-employed, unemployed and retired individuals and their families have a host of healthcare options to navigate, terms to understand, and timelines to work with. Benefit from an overview of our healthcare insurance system, learn best practices, and understand tax and savings opportunities to make the best available insurance decisions.

Identify Theft and Your Financial Life

Seminar style, single day, 45-60 minutes

The majority of identity theft is committed by someone we know - what can you do to protect yourself or a loved one? What's the difference between identity theft and plain old theft? Learn what questions to ask, what steps to take, and ways to avoid having your identity stolen.

Investing 101
Seminar style, single day, 60-90 minutes
Stocks, Bonds and REITs, oh my! We can help you understand what investments you have and why you have them. Bring your statements and questions for this overview of investment accounts and types of investment vehicles.

Know What You Own
Seminar style, single day, 60-90 minutes
What's really in that retirement plan you have? How much is that insurance policy actually costing you? How do you read these investment statements? Learn what to ask the professionals who are helping you with your money - or what questions to ask if you *need* a professional to help you.

Lunchbox Economics
Seminar style, multi-day, 30-45 minutes per session
This forum is tailored to address hot topics and current events impacting the economy, savings and retirement. Discussions will easily connect what is happening in the world to basic economic principles. Courses are not sequential and can be customized for groups.

Managing Your Credit & Credit Report
Seminar style, single day, 45-60 minutes
Want to better understand, manage, and build your Credit? Understanding your Credit is the baseline for understanding your finances. Learn about Credit Reports and scores, how to interpret them, and ways to improve your credit and protect it.

Medicare Planning
Seminar style, single day, 45-60 minutes
Medicare… something everyone will eventually use and almost no one really understands. Learn some of the ins and outs of Medicare before you enroll or to assess what you have. Speak with financial experts with no sales or commission incentives to make the best decision for your personal situation.

Mom Needs Help… Now What?
Seminar style, single day, 60-90 minutes
Whether it is a sudden unexpected event or a slow process, helping our parents age gracefully can be a complicated situation. Learn what signs to watch for and tips on how the navigate the ever-expanding variety of services designed to help.

Understanding Social Security
Seminar style, single day, 45-60 minutes
What might my benefit look like? Can I still get a benefit if I stayed home and raised our children? What does my divorce mean to my benefit amount? Will Social Security run out of money? We discuss these questions and how this important piece of our retirement income works.

What Every Woman Should Know About Her Partner's Money
Seminar style, single day, 60-90 minutes
Protecting your family and your finances means knowing the total picture. What hits the checkbook is only part of the story. Learn what information is essential to make sure you can handle whatever happens.

What To Know Before You Go
Seminar style, single day, 60-90 minutes
Being prepared for your end-of-life care and after your death is an empowering and liberating action. It provides comfort and security for family and friends and can alleviate painful moments. In this seminar you will develop your end of life 'checklist' tailored to your personal situation and preferences.

Where there is a Will, you are the way
Seminar style, single day, 60-90 minutes
Executor, Trustee, or Power of Attorney… each have a role and responsibility with life and estate planning. Many of us are given one of these roles for a family member or friend without knowing what is expected of us. Understanding each role and the differences between them is helpful to know before you need it and when thinking about your own life plans.