



Surviving the Spending Season:

Practical Strategies for Holiday Financial Wellness

The holiday season can bring joy, connection, and celebration, but it can also create significant financial pressure. Between gift-giving, travel expenses, family obligations, and year-end spending, many individuals experience increased stress, anxiety, and financial strain.

This session helps participants recognize the connection between financial wellness and overall wellbeing while providing practical tools to budget effectively, manage expectations, navigate social pressures, and create a healthier relationship with money during the holiday season.

Attendees will:

- Identify common sources of holiday financial stress.
- Use practical strategies to manage holiday spending.
- Learn strategies to make financial choices that support their wellbeing and priorities.

Workshop Duration: 60 minutes

This training can be delivered either in person or via webinar.

For more information, contact:

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