CEW+ **Financial Empowerment Initiative**

A vital component of the Well-being Collective

EMPOWER YOUR WINTER 2024!

The FEI series addresses the psycho-social and emotional factors impacting financial decision-making behaviors and the alignment of those behaviors with long-term goals. A vital component of the Well-being Collective, this initiative fills a gap in traditional financial literacy programs leave behind.

SCHEDULE

ALL WORKSHOPS HELD 5-7PM AT THE CEW+

25 JAN	**#2 MAKING CONFIDENT MONEY DECISIONS**
30 JAN	**#4 CARING FOR YOUR$ELF**
8 FEB	**#5 BE THE BOSS OF YOUR FINANCES**
13 FEB	**#3 ULTIMATE FINANCIAL WELLNESS**
15 FEB	**#4 CARING FOR YOUR$ELF**
12 MAR	**#5 BE THE BOSS OF YOUR FINANCES**
14 MAR	**#1 YOUR MONEY STORY**
26 MAR	**#2 MAKING CONFIDENT MONEY DECISIONS**
28 MAR	**#3 ULTIMATE FINANCIAL WELLNESS**
9 APR	**#4 CARING FOR YOUR$ELF**
11 APR	**#5 BE THE BOSS OF YOUR FINANCES**

LINDSAY BRYAN-PODVIN, LMSW

Financial Therapist & FEI Facilitator

"Information isn't transformation… we want people to know they're not alone"

I'm Lindsay Bryan-Podvin (she/her). I'm a biracial social worker-turned-financial therapist, author, and speaker. As the first financial therapist in Michigan, I talk about money in a way that doesn't make you feel gross.

I hold a Master's degree in Social Work from the University of Michigan and a bachelor's degree in Sociology from Michigan State University. I am a certified practitioner in the Trauma of Money Method™, Certified Financial Therapist™ through the Financial Therapy Association, and I have my Financial Social Work certificate.

Anyone can google their way to a budget spreadsheet. My role is to guide you to financial and emotional balance. In the world of therapy, we talk about tough stuff like sex, trauma, and heartache, but we rarely talk about the thing that impacts us in every aspect of our lives: money. Money is emotional and psychological and is impacted by the systems we live in. It's my mission to help you navigate it all while feeling good along the way.

REGISTER NOW!

"Learning more about the intersection of psychology and financial decisions will help me make better choices in the future."

JOIN US FOR THE FULL SERIES!

#1 YOUR MONEY STORY

Your money story shapes your thoughts and decisions about earning, spending, and saving money. Your money story began when you were very young and continues to be shaped by those around you and across contexts, including family, friends, school, community, cultural traditions, and so much more. In this interactive workshop, you'll get curious about where your money beliefs come from, hear from your peers about what they think about money, and learn how to rewrite a money story that works towards a healthier relationship with money. By the end, you'll be able to make more discerning financial decisions and improve control of your financial future. *(Piloted in Fall 2023)*

#2 MAKING CONFIDENT MONEY DECISIONS

It's pretty common to feel overwhelmed when it comes to making financial decisions. How might you make financial decisions with more confidence? This workshop explores why making money-related decisions can cause so much stress, how to deal with financial choices, and ways to lessen the discomfort in the process. (Piloted in Fall 2023)

#3 ULTIMATE FINANCIAL WELLNESS

We all know about the importance of self-care, but have you ever thought about financial self-care? Financial self-care is any individual act that helps you feel better about your relationship with money, including dealing with the emotions and feelings that come up when you interact with money. Learn how to identify what uncomfortable feelings arise when you engage with money, get curious about where they come from, learn how to find more emotional resilience, and brainstorm ways to practice financial self-care with your peers.

#4 CARING FOR YOUR$ELF

Budgets, interest rates, and credit scores sound dry, boring, and a little overwhelming? You're not imagining it. Most financial literacy content focuses on the dollars and cents and omits the very real emotional, psychological, and systemic reasons money stuff feels so dull. Yet, it's good stuff to know, and we rarely get the opportunity to learn about it in a shame-free space where every question is valued and honored. In this interactive workshop you'll learn why traditional budgeting doesn't work, understand some of the personal finance terms you're bound to come across, and how to make meaningful financial goals.

#5 BE THE BOSS OF YOUR FINANCES

Have you had to turn down an invitation to go out with friends because you can't afford it? What about telling your family you actually can't send money home? Or explain to your friends in the lab that you don't want to spend money on a pizza dinner? It can feel awkward and uncomfortable to say "no," but it's an important part of using your money in a way that works for you. Boundaries are guidelines you put in place to help you say "no" with confidence and "yes" with enthusiasm. Learn the importance of boundaries; how to create and honor financial ones, and toss the ones that don't match your unique circumstances.

"I am not alone when it comes to financial anxiety & uncertainty."