

# Money Management workshops for adults

Businesses, schools and community organizations trust **TFCU** to deliver a financial education program that gives you the knowledge to make **smart money choices for life.**



Financial **Wellness**

# Financial wellness can impact a lifetime.

TFCU offers free financial education workshops for all ages from kindergarten to adults.

we provide all handouts and supplies

available in-person or virtually

minimum of 10 participants

all workshops last 45 to 60 minutes



## We come to you!

## FINANCIAL FOUNDATIONS

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*Choose your topic from the list below. These workshops are designed to help individuals gain a solid understanding of basic financial concepts and practices.*

### Money Basics: Goals, Growth & Confidence

From managing daily expenses to investing for retirement, this session helps you set personal finance goals, learn the basics of smart money management and build a solid financial foundation for the future.

### Financial Wellness Check Up

This is your trip to the financial doctor. Diagnose yourself with a financial well-being quiz and learn the pillars of financial wellness and how to improve them.

### The Why Behind the Buy: The Psychology of Money

Discover your money personality and learn how emotional and external influences shape spending habits. Gain practical strategies for mindful financial decisions and goal setting.

### Focus on Finance

Move your money goals from flop to focus with this workshop. Learn about personal strategic planning and motivational strategies that keep you moving forward.

## DEBT STRATEGIES & MANAGEMENT

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*Choose your topic from the list below. These workshops focus on strategies to manage, reduce and eliminate debt effectively. Learn about tools and techniques to regain financial control.*

### Strategies for Debt Reduction

Learn practical strategies to reduce debt, avoid common pitfalls and stay motivated on your journey to financial wellness. This workshop covers effective payoff methods and tips for maintaining progress.

### Debt Management Made Simple

Discover the main causes and types of debt, along with practical ways to manage, reduce and recover from debt for better financial health.

## UNDERSTANDING CREDIT

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*Choose your topic from the list below. Gain insights into credit management and improving financial standing. These sessions focus on credit scores, reports and tools for financial stability.*

### Credit Scores & Reports

Learn what credit scores and reports are, why they matter and how you can check and improve your credit. You'll also learn about credit bureaus, credit recovery, how to spot scams and simple steps to protect your financial health.

### Maximizing Credit

Learn what steps to take for obtaining credit, using it wisely and managing the impact debt has on your future credit standing.

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# Workshop topics available *(all workshops last 45 to 60 minutes)*

## BUDGETING & SAVINGS

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*Choose your topic from the list below. Learn how to stretch your budget, save smarter and make thoughtful decisions to achieve financial goals, even with limited resources.*

### Thriving on a Budget

Following any size budget can be a challenge, but it is possible to thrive even on a small budget. This workshop will explore money-saving strategies, tips and tricks and how to use resources when money is tight.

### Making the Most of Your Money

Identify goals, learn how to design realistic spending and savings plans and discover some options available for getting out of debt.

### From Crisis to Confidence: Taking Control of Your Money Again

A job loss, a medical crisis or other hardship can send a normal financial situation into a tailspin. Learn how to get finances back on track, including budgeting, repaying debt, rebuilding credit and establishing emergency savings.



## PROTECTING AGAINST FINANCIAL THREATS

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*Choose your topic from the list below. These workshops focus on safeguarding personal and financial information from fraud and identity theft. Learn strategies to stay secure in an increasingly digital world.*

### Fraud Awareness

Identify fraud, spot red flags and stay up to date on the latest scams. Safeguard your finances with proactive strategies.

### Identity Theft

Learn how identity thieves steal personal information, how to protect yourself and the red flags of common scams.

## HOME & CAR

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*Choose your topic from the list below. These workshops offer guidance on making financial decisions when buying a home or car and focus on preparation and informed decision-making.*

### Pathway from Renter to Homeowner

Learn the essential steps and financial considerations for moving from renting to homeownership, including budgeting, saving and navigating the mortgage process. Compare the costs, benefits and responsibilities of renting versus owning to make informed decisions.

### Smart Moves for Car Buyers: Your Roadmap to Stress-Free Buying

Learn the essentials of car buying, including budgeting for a car payment, evaluating loans and negotiating effectively.



## SMALL BUSINESS ESSENTIALS

*Choose your topic from the list below. These workshops are designed to equip aspiring and current entrepreneurs with the knowledge and tools needed to start, fund and grow their businesses.*

### Starting a Side Hustle

Whether you choose to work for someone else or start your own business, this workshop is for you. Learn the advantages and disadvantages of being a W2 and 1099 employee and what you need to know about becoming a business owner.

### Launch Your Dream: Small Business Startup Essentials

Want to start a business, but don't know where to begin? This comprehensive workshop covers the basics of what you need to know to start your business.

### Developing a Business Plan

Learn the eight parts of a business plan and what to consider when writing one. Create a blueprint or first draft of a business plan.



# We're here for you.

"TFCU is **professional, reliable** and their **genuine care for the community** shows across the board. Time and time again the financial educators at TFCU **exceed our expectations** with their involvement with our home buyer education workshop. We get many positive comments about how **kind, engaging** and **thorough** the financial educators are after our workshops and we simply can't express our gratitude in words. TFCU has **left a lasting impression** on our agency *and* our clients and we look forward to many more years of our partnership!"

– **Alejandra Martinez**  
OKC HUD Certified Housing Counselor,  
Community Action Agency

**TFCU**  
Tinker Federal Credit Union

# Financial Wellness

To schedule a virtual or in-person workshop for your  
school or organization, please contact us at  
405-319-2598 or [FinancialEducationDept@TinkerFCU.org](mailto:FinancialEducationDept@TinkerFCU.org)

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[TinkerFCU.org/financial-education](https://TinkerFCU.org/financial-education)



**we get it.™**

Federally insured by NCUA

