



UNDERSTANDING YOUR WELLBEING FINANCIAL WELLBEING



Imagine feeling stressed about your finances. Maybe you're struggling to pay your bills and you're living paycheck-to-paycheck. If your employer sent out a wellness challenge asking you to track how many servings of fruits and vegetables you eat each day for the next four weeks (bonus points awarded to those who consume five or more servings of each), do you think that would help you? Probably not. In fact, it might just add to your worries. Wellbeing is so much more than physical.

Understanding the struggles your employees deal with financially is a crucial aspect to organizational wellbeing.

We strongly believe the **WHOLE** person comes to work every day and each employee's wellbeing and engagement influences individual and organizational performance...this includes how they're feeling in their own financial position.

FINANCIAL WELLBEING AREAS OF EXPERTISE

Scholarships & Grants

Financial Literacy

Student Loan Repayment /
Debt Management

Grant Development

Retirement Readiness

Technology

Scholarships

WHAT IS FINANCIAL WELLBEING?

Financial wellbeing is defined as effectively managing your economic life to reduce stress and increase security.

WHY IS FINANCIAL WELLBEING IMPORTANT?

Having a great 401(k) program isn't enough to help today's employees with the financial stressors they are experiencing. Having a broader approach that incorporates not only saving for retirement, but also behavioral spending, is what today's workforce really needs.

Behavior is the key to financial change. Helping employees understand the importance of establishing a budget and how their spending is impacting their financial life is important.

If you're looking for ways to get started on this, don't hesitate to reach out to us.

EthOs works with organizations to **enhance** the employee experience by **empowering** your people to bring their best self to work every day and fully **engage** in your organizational purpose.

Are you interested in enhancing your culture and employee experience? Reach out to us today!



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