

## Financial Fitness Show

A fun and engaging live TV style talk show to bring life to what can be a very dry but important topic.



# Financial wellbeing

Employees are one of the most important assets to any organisation. When your employees are happy and healthy, it shines through and makes a better business. However, when they are struggling with their wellbeing, it can have a negative impact on their work, and financial wellbeing is no exception.

Financial stress has been linked to absenteeism, lack of concentration and poor mental health which will undoubtedly affect an employee's work. In recent research, 21% of employees admitted that personal income or financial worries caused them the most stress whilst at work.

Getting employees to open up about their money issues can sometimes be difficult, and when it starts affecting their mental health, it can be even harder. Therefore, it's vital that employers have the tools and resources they need, to be able support their employees' financial needs and empower them to make positive decisions about their money.



“ Good energy from the presenter, well balanced by the expert co-host. A dry topic made relevant and interesting. ”

# What is the Financial Fitness Show?

With money still being such a taboo subject, employers need new ways to improve the financial wellbeing of their employees. To help, we have introduced a brand-new financial wellbeing programme called the Financial Fitness Show. This new show is a series of engaging webcasts designed to kick start employees' financial fitness.

As more people now work from home, they have become very familiar with online learning methods. That's why we have decided to break from the norm and educate through conversation as opposed to the traditional webinar lecture. The Financial Fitness Show is a live TV style talk show with lots of audience participation and interaction to bring life to what can be a very dry but important topic.

Our hosts are relatable and speak in plain English so no matter what level of financial knowledge your employees have, there is something for everyone!

“A really interesting and informative presentation which makes you take the time to assess your financial situation, so your family are well cared for in the future.”

## How the Financial Fitness Show is delivered

This isn't like a usual webcast. We have fun, outgoing and knowledgeable hosts who introduce the session with some background information on the topic being covered and link it to wellbeing.

Then, an expert guest speaker will help take a deeper dive and answer some key questions. We use minimal slides so your employees will feel like they are in the room with the experts. And, to ensure employees stay engaged and learning throughout, we keep the main session to just 30 minutes and offer attendees the opportunity to stay around for Q&A, where our host and expert guest speaker will answer any questions they may have. If some of the questions are too personal and perhaps not relevant to the group, it will be responded to directly after the webcast.

Following the session, employees will receive a handout which has important next steps and takeaways so that they can implement their learnings and start on their own journey to improving their financial wellbeing.

We can tailor these sessions to complement your organisation's wellbeing strategy and direct your people to your existing employee benefits, if desired.

# Topics available

From experience, we are aware of the main topics that are vital for good financial wellbeing. Also, we want to ensure there is something for everyone, so we cover what we believe people need the most support in. Below are details of each session available.



## Estate planning

In this webcast, our expert guest speaker will be discussing what estate planning is, the importance of having an up to date will, what employees should know about inheritance tax and much more.



## Financial planning

In our financial planning webcast, our expert guest speaker will be discussing where employees should start when looking at their finances, why a budget planner is important, how to tackle debt and how to access a cashflow forecast.



## Investments made simple

This webcast will be looking at what volatility is and whether it is bad for investments, things to consider when investing, options on how employees can invest their savings, what pound cost averaging is and why it is important and the difference between passive and active fund.



## Pensions in plain English

In this webcast our guest speaker will be sharing their expert knowledge on pensions. They will be covering how employees can obtain a forecast for their current pension, how much they should generally be saving into a pension as well as how to set pension objectives and create a plan to achieve them.



## Buying a property

The session will provide information on the current property market, what help is available to first time buyers, mortgage rates, whether re-mortgaging now is a good idea and more. The expert will also share their views on property as part of an investment portfolio.



## Financial protection

Our guest speaker will be sharing their expert knowledge on the types of protection available, what protection people should consider for themselves and their family, as well as what economic foundations employees may need to secure their financial future.



## Investment strategies and vehicles

In this webcast, our industry expert will be discussing investment strategies and vehicles, what costs are involved when investing, what returns people could expect from their investments, attitude to risk and our experts will also be busting investment jargon.

## Taking pensions to the next level

This session is specifically tailored for your business and employees. We look at the current knowledge of your people and work out how we can adapt our content to ensure their understanding of pensions improves and develops to the next level.



## How to use employee benefits to form solid economic foundations for financial wellbeing

In this webcast, our guest speaker will be looking at the different types of employee benefits specific to your organisation and the role they play in supporting solid economic foundations and improving financial wellbeing.



## Learn about tax

Tax can be complex. To help, our expert speaker will be discussing how someone could reduce the amount of tax they pay, what capital gains tax is and how it works, cash vs stocks & shares ISAs, inheritance tax and more.



## How to minimise financial stress and improve financial wellbeing

In this session, we will be sharing tips to help employees improve their finances and reduce unnecessary financial stress, what they can do to feel more in control of their finances and where and how to seek free financial support.

# What's in it for employees

The Financial Fitness Show empowers employees to make better financial decisions. Through our host and expert guest speakers, employees can learn about a range of topics and improve their financial wellbeing.

For employees who are not comfortable taking part in group webinars or meetings, they can remain anonymous throughout and get the answers they may need.

Following the webcasts, employees will benefit from clear direction as to what steps they should be taking next, to ensure they get the maximum results from these sessions.



# What's in it for employers

Having better informed employees can lead to a happier and more engaged workforce which can ultimately help improve your bottom line.

Following each webcast, we will set up a survey to capture your employees' feelings about the session and provide you with a report. The report can include details such as attendance, session ratings and what other topics your people would like to hear about.

As our sessions can be tailored to complement your existing benefits, these webcasts can often help with benefits promotion and take up, whilst highlighting the true value of working for an organisation who truly cares about their employees' wellbeing.



## What's on offer

We want you and your employees to get the most out of these webcasts. We'll work with you to create the best financial wellbeing solution for your people. Here's what's on offer:

### Set up of webcast


1. Help choosing what sessions are best for your employees.
2. Set up of the event on our booking system which includes email confirmations and reminders.
3. A customisable website to host the registration page, recordings as well as a financial wellbeing hub to complement the experience.
4. Internal comms for employers to use to promote the event.
5. A branded and bespoke event for your organisation to include the employee benefits package on offer specific to your employees.
6. The creation of a branded backdrop.
7. A customisable survey and feedback form creation.

### Live Broadcast

1. A 30-minute live talk show style webinar with a dedicated Employee Benefits Adviser to host the webinars as well as a specialist topic adviser.
2. A 15-minute question and answer session with the host and topic adviser.

### Following the webcast

1. Follow up on individual employee questions that were not answered during the live broadcast.
2. Analysis of feedback form responses (survey) and creation of report.
3. Edits and upload of the webcast recording to the website.
4. Creation of email template for you to inform employees when recordings are available to watch on demand.
5. A high-level summary sheet for your employees, which covers points from the broadcast and next steps.



“Excellent presentation. Nice and straight forward, so easy to understand.”

To find out more about the Financial Fitness Show and how this can help improve your employees' financial wellbeing and resilience, contact us today on:

call 0330 332 7143\*;

email [info@second-sight.com](mailto:info@second-sight.com); or

visit [www.second-sight.com](http://www.second-sight.com)

\* Calls are charged at your standard landline rate.

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