

# FINANCIAL WELLNESS



The Financial Wellness Program provides athletes with a comprehensive and understandable guide to managing their finances during and beyond their sporting career. The pre-course survey allows each workshop to be tailored to the needs and interests of its participants, providing a highly interactive and engaging program. It is delivered over 4 x 1.5 hours modules through workshops and online resources. A post-course survey and follow up ensures that participants have a clear understanding of the practices and implementation of the course content.

## MODULE 1

### Cash Flow Management & Finance Structures

- What is it - why do you need it - how do you do it?
- Identifying spending habits
- Good debt vs bad debt
- The finance process of investing
- Loan structures - the perks and pitfalls
- The true value of financial planning, insurance & super.

## MODULE 2

### An Investor's Mindset

- Goals & habits - what is the difference?
- Planning for the best while preparing for the worst
- Values vs needs
- Tax - considerations for athletes
- The personality factor & the power of influence

## MODULE 3

### Wealth Creation and Business Skills

- 4 Steps to financial wealth
- Athletes as entrepreneurs:
  - Owning a business
  - Passive income vs active income
  - Side hustles
  - Life after sport
- Wealth & lifestyle: Self employed vs employee vs business owner

## MODULE 4

### Playing the Long Game

- Buying your own home vs rentvesting
- Wealth planning for the long term
- The phases of investing
- Finding the right asset class for your chosen strategy
- Asset class: Myths and misconceptions
- Taking action: 2019 and beyond