

Employee Assistance Program

Your resource for help with daily challenges and difficult situations

Mastering Money Basics

EAP Training Event

Tuesday,
April 30, 2024

2:00 - 3:00 p.m.

Training Description

If you want to feel confident about your finances, consider using a plan with the following components: controlling spending, managing debt, prioritizing savings and maintaining excellent credit. Avoiding or losing focus on any of these elements can add stress to your life. This training explains the importance of each one and helps you get started.

Learning Objectives

- Creating a spending plan, and tips for building habits and staying on track
- Determining the right amount for emergencies, fitting in goals and reviewing retirement options
- The factors that determine your credit score, and how to review credit reports and fix discrepancies
- Types of debt, and the pros and cons of debt repayment strategies



On the day of the event, scan the QR code to access the live webinar.

Registration

Registration is required. You can register in advance or on the day of the event using the following link: mysecureadvantage.zoom.us/webinar/register/WN_Cay-C1JgTWiNXZHINvVAAQ

The training will be recorded and available on the website approximately two to three weeks after the live event.

To view past trainings, go to eap.calhr.ca.gov. In the Explore Services section, click on the Trainings and Webinars tile to access the training recording, PDF of the slide show presentation and handouts (if any).

Please Note

- These trainings are intended for State of California employees.
- Before planning to attend, obtain supervisor approval.
- Please contact eap@calhr.ca.gov for any reasonable accommodation requests. We kindly ask for at least two weeks' notice before the event to review the request.

