

FINANCIAL FITNESS WORKSHOP SERIES

Sheridan



CFEE

Canadian Foundation
for Economic Education

Students who attend at least **5 out of the 7** workshops are eligible for CCR credit with the **completion of a personal reflection** and are entered into a draw to **win a \$250 prize**.

Students must register for each workshop separately.

Living A Financially Healthy Life

November 9, 2021 @ 6pm - 7:30pm

REGISTER NOW

The goal of this workshop is to help you develop a healthy attitude towards money. You will learn how to take control of your money by setting goals and budgeting as well as to emphasize paying yourself first to meet those goals. You will learn about a simple budgeting process and how to distinguish between needs and wants. This module will help you develop a plan for a healthy financial future by making saving an integral part of your life.

2

REGISTER NOW

Financial Matters Affecting International Students

November 11, 2021 @ 6pm - 7:30pm

How setting goals can help lead to more financial security, different methods to budget and how savings needs to be a key component of a budget. You will also have a better understanding of Canada's tax system and possible ways to invest more tax efficiently. Another aspect will be learning some great tips to help you with your spending which will enable you to build a more effective budget and let you take more control of your money.

The Future of Work & Your Career

November 16, 2021 @ 6pm - 7:30pm

REGISTER NOW

Have a better idea as to the transformation that is occurring in the workplace and the skills you will need to succeed in your career. Times are changing and the global pandemic has accelerated workplace transformation. This workshop will provide you with tools to help you research how things are changing in the sector you are looking to work in and start your thinking towards how you can enable yourself to be in high demand in the workforce.

3



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Understanding Personal Income Taxes

November 18, 2021 @ 6pm - 7:30pm

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Have a better understanding of how to minimize taxes as a student by being aware of tax deductions/credits, tax efficient government programs and how different sources of investment income are taxed quite differently. You will learn how Canada's progressive income tax system works as well as how taxes will impact your finances as you start your careers and start making more money.

Investing Basics

November 23, 2021 @ 6pm - 7:30pm

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The goal of this workshop is to de-mystify investing and to also help you better understand the tax implications and benefits of various account options. Investing is not a get rich quick scheme, it's a way of putting your money to work for you! This module is designed to arm you with the tools and knowledge to invest effectively and with confidence for your future.

Intermediate Investing

November 25, 2021 @ 6pm - 7:30pm

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Be much more comfortable managing your investment risks, be able to analyze and understand the potential value of the common stock of a company you choose to invest in and also know about some alternative investment opportunities. There are a lot of layers and complexity to investing and this workshop will provide you the knowledge to invest for the long-term by applying techniques like dollar cost averaging and diversification to your portfolio. Also, you will learn the important metrics to research before investing in a company for the long-term as well as some additional ways to diversify and enhance your risk-adjusted returns.

7

REGISTER NOW

Buying Your First Home

November 30, 2021 @ 6pm - 7:30pm

Have a better understanding of how much you can spend on a house, the multitude of government programs to assist you and the other service providers who can help you in this major purchase. Roughly 2/3 of Canadians own their own home. Buying a home will likely be the largest investment you make in your life and this workshop will help you better understand the steps to buying a house so you can approach this major life decision with confidence.