



# NWI online course now available! The Case for Financial Wellness

Powered by the Foundation for Financial Wellness

The National Wellness Institute (NWI), in collaboration with the Foundation for Financial Wellness (FFW), is offering a new 2-credit course with evidence-informed tools and training in the area of financial wellness. The course also aligns with the NWI Wellness Promotion Competency Model.

Course participants will learn about the case for financial wellness and how our finances impact every aspect of our lives through the lens of NWI's Six Dimensions of Wellness model. The resources provided in the training can be used in their own presentations in an effort to support financial wellness training within their organizations or community programs.

## Who should attend?

- Wellness coaches and coordinators
- Worksite wellness & EAP professionals
- Health educators
- Human resource & employee benefits professionals
- Wellness brokers
- Motivational Speakers
- Teachers/Instructors
- C-suite leaders
- Anyone wishing to offer training in financial wellness

## Technical Requirements

Participants must have a reliable internet connection. A free download of Zoom software is required for participation in the live webinars. Audio may be accessed via phone or via computer microphone and speakers (webcam optional).

This course is also included in the NWI *Financial Wellness Facilitator* Certificate course.



## Upcoming Trainings

### Live Webinar Trainings

**October 9, 2018; 12 p.m. - 2 p.m. CDT**

**October 23, 2018; 12 p.m. - 2 p.m. CDT**

After November 15, the course will be available as an on-demand interactive eLearning course only.

### Registration Rates

**\$90 for NWI members**

**\$50 for NWI student members**

**\$120 for non-members**

### Continuing Education Credit (CEC)

Earn 2 CECs upon completion of the course and successful completion of the final quiz. Please see reverse side for details on the organizations that have pre-approved The Case for Financial Wellness course for CECs.

Register online at

**NationalWellness.org/FinancialWellness**



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## The Case for Financial Wellness

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### Course Overview

Individuals who complete The Case for Financial Wellness will enhance their understanding of financial wellness and how financial wellness impacts the Six Dimensions of Wellness. By taking part in the course, wellness professionals will have access to tools and materials that will allow them to create a clear argument for financial wellness inside their organizations and community programs. To use the materials included in this course, participants must successfully complete all elements of The Case for Financial Wellness course, including an online quiz.

**At the end of this course, participants will be able to answer 3 primary questions:**

- Why is financial wellness important to individuals (i.e., those we serve)?
- Why is financial wellness important to the wellness professional's toolkit?
- Why is financial wellness important to a business or organization?

### Objectives

Participants will be able to:

- Determine how financial wellness impacts all aspects of the Six Dimensions of Wellness Model (including all areas of a person's work and home life).
- Recall the names of the 5 Essentials for Financial Wellness.
- Provide a logical argument for providing financial wellness education to individuals, communities, and organizations.
- Reflect on current neuroscience and how our physiology and cognitive strategies play a direct role in our financial wellness.
- Identify how an individual's financial wellness relates to the NWI Multicultural Wellness Wheel.
- Recognize the Foundation for Financial Wellness (including its educators, facilitators and counselors) as a non-solicitous, financial wellness organization.

## Continuing Education Credit (CEC) for Financial Wellness Trainings

Participants can earn 2 CECs toward certifications they currently hold. A CEC certificate will be e-mailed to individuals who select their desired CEC certificate(s) when completing the post-training evaluation form. The Case for Financial Wellness course is pre-approved by the following organizations:

### APPROVED

**ACSM:** The American College of Sports Medicine's Professional Education Committee certifies that "National Wellness Institute, Inc." meets the criteria for official ACSM Approved Provider status from (December 2015– December 2018).  
Providership # 661228

**NCHC (CHES®/MCHES®):** National Wellness Institute is designated a provider of Category I continuing education contact hours (CECH) in health education by the

National Commission for Health Education Credentialing, Inc. The Case for Financial Wellness course is designated for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES) to receive 2 Category I (advanced) continuing education contact hours.

**NWI (CWP):** Continuing education credits for NWI's The Case for Financial Wellness course program have been approved by the National Wellness Institute for NWI Certified Wellness Practitioners (CWP).

**SHRM:** National Wellness Institute is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CP<sup>SM</sup> or SHRM-SCP<sup>SM</sup>. The Case for Financial Wellness course is valid for 2 PDCs for the SHRM-CP<sup>SM</sup> or SHRM-SCP<sup>SM</sup>. For more information about certification or recertification, please visit [shrmcertification.org](http://shrmcertification.org)

**HRCI:** The use of this seal confirms that this activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval

**General Attendance Continuing Education Certificate:** National Wellness Institute-verified contact hours for continuing education credit/certificate of participation.

This course is offered through an NWI Education Partnership

