

TIME	ACTIVITY	TOOLS
Make sure you have 30 mins available to prepare your group before it starts.	<p>Preparation before the session</p> <ol style="list-style-type: none"> 1. Ensure audio visual technology is set up. 2. Flip chart or white board and markers 3. Print individual participants handouts for those who would like to do further or self-paced activity. <p>Allow up to ONE hour to complete your group.</p> <p>Facilitator's Tip: <i>~ Challenging situations may arise when facilitating groups and they require careful handling to promote respect and safety. If a person's behaviour or thoughts become challenging or triggering to others, listen, validate the person's feelings, and offer one-on-one support if needed.</i></p>	Smart TV/Computer Print handouts if needed
5 mins	<p>Acknowledgements – Welcome to Country and Lived Experience Group Agreement ~ This is a great way to establish boundaries, you can find out more and a template in the Facilitator Guide</p>	Butchers paper/white board
5 mins	<p>Discuss Aim and Objectives (display for everyone to see): Can be accessed here.</p> <p>AIM: Develop greater understanding of own financial situation, financial supports available to achieve one's financial goals.</p> <p>OBJECTIVES:</p> <ol style="list-style-type: none"> 1. Identify personal views on financial hardships and warning signs of financial stress. 2. Consider new information and how this applies to own life. 3. Recognise and access appropriate resources specialising in financial hardship and supports. 4. Identify ways in which one can address financial hardship. 5. Apply new learnt strategies to Individual Recovery Plan 	Can be displayed on smart TV or computer White-board or paper
5 mins	<p>Complete Activity A before watching the video. Be sure to read out each question to your Participants or encourage a person to read aloud. Encourage group discussion (space is provided if participants wish to write their answers if they wish)</p>	Participant Resource Activity A, pens

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30 mins	Watch the video Mindful Money (31 mins) https://www.youtube.com/watch?v=MMH5rHg5k28&t=1s	Computer/smart tv
10 mins	After having watched the video, complete Activity B . Encourage participants to discuss as a group	Participant Resource, Activity B, Pens
5mins	Reflection Come back to the Aims and Outcomes. Ask your group the key messages they took away from the group. Hand out feedback form and collect (scan and send back to L2B team after you group)	Aims & Outcomes Feedback forms
5 mins AFTER YOUR GROUP	Self-Reflection (This is time for you to reflect on your own strengths and challenges) <ol style="list-style-type: none"> 1. What were the strengths of this group? 2. What could be improved on next time? How could I run this differently? 3. What area's might I need extra support in? how will I action this? 	Fill out in a workbook, diary or the space provided here.

Aim: Mindful Money

Develop greater understanding of own financial situation, financial situation and financial supports available to achieve one's financial goals.

Objectives:

1. Identify personal views on financial hardships and warning signs of financial stress.
2. Consider new information and how this applies to own life.
3. Recognise and access appropriate resources. specialising in financial hardship and supports.
4. Identify ways in which once can address financial hardship.
5. Apply new learnt strategies to Individual Recovery Plan

Mindful Money – Participant Resource

ACTIVITY A – Mindful Money

Discuss the following questions as a group.

1. From your own experiences or from those you've observed around you, what are some factors that can contribute to financial hardship?
2. How can this affect one's mental health?
3. What are some of the warning signs that you may be living with financial stress and hardship?

It is important to understand that acknowledging and validating your own beliefs regarding financial stressors in a safe and open space is important in building self- confidence so that you take the next steps in seeking help.

ACTIVITY B – Mindful Money

Watch the video as found on the L2B page or YouTube link provided. After you have watched the video discuss the following questions as a group.

1. After watching the clip, discuss as a group or jot down your thoughts. Can you recognise anything that stood out to you?
2. a) What are some of the steps you may take in assessing your financial situation?

b) Who are some people or organisations you can contact in helping you to come up with a plan to address your financial goals or hurdles?
3. Having completed this session, can you develop any new financial goals or identify areas of financial support that can be added to your IRPs?