Budget woes solved

A Griffith University course is making a huge difference to the lives of women through a plan that helps them exercise more control over their finances.

Financial planning can be a daunting concept, especially for those who have always left the money management to someone else.

Heather Martin found herself lost when she separated from her husband and faced losing her house.

However, after attending a series of workshops hosted by Logan Women’s Health Centre and Griffith University, she is now fighting for her house and taking control of her finances.

The Getting Ahead - First Steps in Financial Planning course is a series of nine workshops, funded by a Griffith University community grant, designed to empower and educate women about money management and investing.

The course included sessions on values and beliefs about money, money management, basic principles of investing, superannuation, planning and goal setting, mood shopping and debt management.

Ms Martin said the course helped her realise how important money was.

“I’m a single mum with three children,” she said. “I had been struggling with the concept of goal setting but now I am so much more confident.”

The course helped women from all situations, not just those who had been left alone.

Marjory Croghan’s husband had always taken care of the household finances.

In the lead-up to their retirement, Ms Croghan decided she wanted to be more financially aware.

“I was always told by my husband not to worry about the money,” she said.

“Now we do the finances together.”

Ms Croghan said the workshops also helped to increase her confidence.

“The energy and excitement of the women was empowering.”

Christine Court wanted to improve her financial planning skills and share them with her husband so together they could make the most of their money.

“It’s about forming habits and saving for the future,” she said.

“The course was about looking at various pathways to improve our life.

“Don’t think you cannot save or get out of debt. Think positive.”

All the women said the course had helped many aspects of their life, including self-esteem and building friendships.

Course presenter and Griffith University lecturer Victoria Vyyyan said she hoped to hold another course but required funding to do so.

She urged women who would be interested in attending the workshop to call her on 3382 1232.
Budgeeting smarter...
from Left Christine Court, Heather Martin and Marjorie Croghan after completing a course at the Logan Women's Health Centre.
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