Women taking control

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 fighting for her house and taking control of her finances.

The Getting Ahead - First Steps in Financial Planning course was 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 to 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.

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

She urged women who would be interested in attending the workshop to call her on 3382 1232.

Christine Court, Heather Martin and Marjorie Croghan are budgeting smarter.