



Career & Financial Wellbeing

Career and financial wellbeing often ebb and flow together. Yet they are also quite unique and can function independently of one another.

Feeling personal satisfaction and enrichment in one's life through work is the hallmark of career or occupational wellbeing. Individuals with a strong sense of career wellbeing feel they are able to contribute their unique gifts, skills and talents to work that is personally meaningful and rewarding.

Financial wellbeing is best defined as having financial security and financial freedom of choice, in the present and in the future. Taking care of your financial self can positively impact all other areas of wellbeing.

Being on track to meet your financial goals and having the capacity to absorb a financial shock both signify strong financial wellbeing. Feeling a sense of control of day-to-day finances is equally as important.

- How is your career and financial wellbeing?
- Do you enjoy going to work most days?

Nurturing Career & Financial Wellbeing

- Identify your gifts, skills, and talents.
- Prepare a budget to guide spending and saving habits.
- Consult with a professional to discuss your financial goals and a plan to achieve them.
- Routinely develop new transferable skills that enhance your job marketability.

- Do you have a manageable workload at work?
- Is your work meaningful? Are your duties consistent with your values?
- Do you worry about your financial situation?
- Are you living within your means?
- Do you feel like you are in control of your spending and saving habits?