

## **Financial Essentials course**

### **Purpose**

At the end of this course you will have:

- Examined income and the deductions taken from it
- Explored the purpose and value of budgeting
- Identified different types of borrowing
- Knowledge of savings and investment products and their returns
- Awareness of money related security issues

### **Summary of Learning outcomes**

#### **Lesson 1 Income and Income Tax**

At the end of this lesson you will know:

- What is regarded as income
- How income tax is calculated and paid

#### **Lesson 2 National Insurance**

At the end of this lesson you will know:

- What National Insurance is and the different classes
- How National Insurance contributions are calculated and paid

#### **Lesson 3 Budgeting**

At the end of this lesson you will know:

- What budgeting is
- How to create a budget

#### **Lesson 4 Borrowing**

At the end of this lesson you will know:

- The different types of borrowing available
- How it is arranged and managed

#### **Lesson 5 Interest**

At the end of this lesson you will know:

- What interest is and how it is calculated
- How interest is taxed

## **Lesson 6 Savings Accounts**

At the end of this lesson you will know:

- The different types of savings account available
- How to compare and choose a savings account

## **Lesson 7 Investments**

At the end of this lesson you will know:

- What investment is and what you can invest in
- How returns from investments are taxed

## **Lesson 8 Pensions**

At the end of this lesson you will know:

- What a pension is and how to save into one
- The benefits provided by a pension at retirement

## **Lesson 9 Insurance**

At the end of this lesson you will know:

- The different types of life and health insurance available
- How life and health insurance policies are taxed

## **Lesson 10 Gambling**

At the end of this lesson you will know:

- What gambling is and the issues involved
- Where to get help if it becomes a problem

## **Lesson 11 Security and fraud**

At the end of this lesson you will know:

- How to keep yourself safe from financial fraud
- Where to get help if you are affected

## **Lesson 12 Remote working**

At the end of this lesson you will know:

- How to create an effective workspace
- How to stay motivated and remain professional

## **End of course**

There is a 12-question assessment to test your knowledge on the course. You will also be able to print a certificate to show that you have completed the course.

## **Purchase**

Visit the shop at [WellbeingEssentials.uk](https://WellbeingEssentials.uk)

## **About us**

Wellbeing Essentials has been created and is managed by the Social and Business Community, a not for profit organisation.

The aims and objectives of the organisation are to promote and manage community wellbeing initiatives including education, sport, business and other community activities.