

SAMPLE AGENDA

Financial Freedom Workshop for Women

Presented by Dr. Brenda, Money Coach

[Date]

10:00 to 12:30

Sponsored by: [insert local organization]

To be Provided by Organization: Laptop with LCD projector and screen (or white wall) and reliable Internet access; Workshop facility (seating for up to 25)

Costs: General admission: \$25
Members of sponsoring organization receive special promo code: \$20
(Tickets provided through Ticketbud, which charges small service fee)

Goals:

- To define your purpose
- To overcome limiting beliefs
- To create a 3-year plan

10:00 – 10:20

Introductions

Overview of Goals

Activity: \$1,000,000 Tic-Tac-Toe

10:20 – 10:40

Goal 1: Define your Purpose

Explore the Value of Money

Activity: Create your Value Circle

Activity: Write down your Purpose Statement

10:40 – 11:00

Lesson: What is Financial Freedom?

Know the Difference between Security, Freedom, and Independence

Learn about the FIRE Movement

Activity: Calculate your Numbers

11:00 – 11:15

Goal 2: Overcome Limiting Beliefs

Learn about Scarcity and Abundance Mindsets

Activity: Share the Money Mindset you Learned

Reframe limiting beliefs

Homework: Complete the Mindpower Worksheet

11:15 – 12:00

Goal 3: Create a 3-Year Plan

Learn about Setting SMARTER Goals

Activity: Write down one Crazy Lofty Goal

Discover the Three-Basket Approach

Activity: Set goals, priorities, and 48-hour action steps

12:00 – 12:15

BONUS: 3: The Profit First Approach (optional for entrepreneurial audience)

Understand the philosophy behind the approach

Learn the basic process

12:15 – 12:30

Thank you and Q&A

For more information, Email brenda@drbrendamoneycoach.com