

15. January 2024

Equality

## "Frau & Beruf": Financially aware - Shaping your own financial freedom

### Online seminar on Monday, 19 February, at 7 pm // Register now, participation free of charge

Overcoming financial challenges in everyday life and shaping your own financial freedom - that's what the online seminar "Financially Conscious" on Monday, 19 February at 7 pm is all about. An experienced financial coach will provide valuable tips. The event is part of the "Frau & Beruf" series organised by the municipal equal opportunities officers in the Borken district.

The Equal Opportunities Officer of the City of Bocholt, Astrid Schupp, cordially invites all interested women to this seminar. Registrations are accepted by e-mail at the Equal Opportunities Office of the City of Bocholt at [gleichstellung\(at\)bocholt\(dot\)de](mailto:gleichstellung(at)bocholt(dot)de).

At a time when the costs of everyday life are rising but incomes cannot always keep pace, many people are faced with the challenge of keeping their finances under control and still putting something aside for the future. This seminar sheds light on how to be financially aware despite the rising cost of living.

The seminar offers financially aware people the opportunity to strengthen their financial foundation and gain a clear overview of their finances. The speaker, Judith Graumann, business and financial coach, will present various tools that help to structure everyday life financially. She will give tips on how to reduce expenditure in order to save more of your income. She will also show different ways to generate extra money - be it through side jobs, freelancing, investments or the realisation of creative talents.





*Judith Graumann, business and financial coach, will present tools that help to structure everyday life financially.*

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