



Money & Relationships



Overview/Description:

Conflicts over money matters can destroy intimate partner relationships, family relationships, and even friendships. This course addresses the various ways conflicts around money can impact relationships. It also offers strategies to reduce the risk of money conflicts and identifies ways to repair damaged relationships. Included in this session will be a discussion of how incompatible money management styles and difficulty compromising around spending priorities create problems in relationships, and how debt and financial infidelity can create high levels of stress under which relationships are unable to thrive or even survive.

Additionally, the course will address money and parenting as well as the impacts on family relationships with young and adult children. Included will be recommendations on initiating conversations about money and strategies for improving financial communication. The course will introduce various basic practices regarding money management. However, it will not address highly specific concerns such as investments, debt management, or will creation.

Workshop Objectives:

This training will help you:

- Describe how differing attitudes about money management impact intimate partner relationships, families, and friendships
- Understand how debt, financial infidelity, lending, and other financial acts result in conflict and relationship disruption
- Gain insight into your own relationship with money and how it impacts your relationships
- Communicate more effectively about money and finances with your significant other and family



TARGET AUDIENCE:

ANYONE WHO WISHES TO UNDERSTAND AND CHANGE HOW MONEY IMPACTS THEIR RELATIONSHIPS



EXPECTED DURATION:

45-60 MINUTES