



Green Mountain Human Resources Association

**Thursday, April 25, 2024
9:00 am to 10:00 am**



Empowering Employees to Resolve Financial Stress – The Importance of Financial Literacy

WEBINAR INFORMATION

Date: Thursday, April 25, 2024
Speakers: Allisyn Lambert, CFP, AIF
Place: Zoom
Time: 9:00 am – 10:00 am
Topic: **Empowering Employees to Resolve Financial Stress – The Importance of Financial Literacy**

MEETING AGENDA

9:00 – 9:05 am Meet and Greet
9:05 – 10:00 am Presentation

TOPIC INFORMATION

Workers are feeling the weight of their personal finances, and recent studies have shown that although people want to be able to save money, plan for retirement and pay off debt, they are not making meaningful progress. Left unaddressed, financial stress inhibits workplace productivity and engagement and impact company culture. People want, and urgently need, access to resources to help reduce financial stress. Improving financial literacy can empower workers to make better decisions about money, reduce their stress levels, and ultimately retire on time. HR professionals can harness resources from benefit plans as well as the local community to support employees. When individuals feel social and emotional safety, they can address their financial goals.

LEARNING OBJECTIVES

- Outline how financial stress negatively impacts an employee's overall well-being, including mental health.
- Review the workplace cost of employee financial stress.
- Share strategies and resources so that HR professionals can support employees to build financial literacy and mitigate stressors.

Allisyn Lambert, CFP, AFI – Retirement Plan Consultant & Financial Advisor, The Richards Group



Allisyn Lambert has 15 years of finance experience and is a CFP® professional, with the last 8 years being at TRG as a Retirement Plan Consultant and Financial Advisor. When it comes to retirement plan consulting, her focus is twofold; help the workforce prepare for retirement, while also protecting the needs of the employer and their budget. An important part of her work in the retirement plan space is helping employers implement and customize education initiatives for employees, mainly with a focus on financial wellness and literacy. She is certified with the Accredited Investment Fiduciary® designation (AIF) from the Center for

Please register at: <https://gmhra.com/meetinginfo.php>

All credits for HRCI and SHRM will be provided via certificate at the end of the program.