



LUNCH X LEARN

The Psychology Behind Saving Money and Other Good Financial Habits

October 14

11:30 a.m. to 12:30 p.m.

Most people believe in spending wisely and saving for the future, but good intentions often conflict with how our minds work. Many want to save but struggle because they haven't pictured their future selves. This webinar explores the psychology behind saving, examines recent research on why people save or spend, and offers strategies to shift financial mindsets and build better habits.

[**Register Here!**](#)