

# Session 1: Starting Out: Financial Wellness

Tuesday, January 25th, 2022

Presenter; Jake Rosen

## Setting a Foundation for Financial Wellness

1. Financial Wellness is having a positive relationship with your money
2. Make financial decisions from a position of control and not worry
3. Budgeting helps with clarity and control - Consider using the 50/20/30 rule: 50% on needs, 20% on goals, 30% on wants. (UBS Budget Worksheet Included)
4. Emergency Fund – What makes you comfortable? \$1,000, \$10,000, 3-6 Months of expenses
5. Credit and Debt
  - a. The Power of Credit
  - b. The Pitfalls of Debt
  - c. Debt reduction plans –
    - i. Snowball Method (Snowball Worksheet Included)
      1. List all debts except mortgage
      2. Payoff smallest balance first and snowball payments onto next smallest balance
    - ii. High Interest Debt Method
      1. List all debts
      2. Payoff highest interest debt first
    - iii. Student Loan Strategies
6. Plan your savings and your goals with a budget - saving for purchases
7. Saving and Investing for Wealth Building
  - a. Use the right accounts for the right goals
  - b. Consider entrepreneurship
  - c. Minimize taxes
8. Accountability Partner

# Session 2: Insurance and Risk Planning

Tuesday, February 15th, 2022

Presenter: Michael Sperrazza

1. Must have insurance (auto, health, life, disability)
  - a. How deductibles affect premiums
  - b. Term vs whole life
  - c. Disability: employer funded vs self-purchase
2. As assets grow (renters, homeowners, long term care)
3. Will; why you should have one

## **Session 3: Real Estate – Home Ownership & Real Estate Investing**

**Tuesday, March 8th, 2022**

**Presenter: Keri Callochchia Esq.**

1. Home ownership: build equity, hedge for inflation, grows tax deferred
2. Mortgages; types of pros and cons
3. Home Equity Line of credits: pros cons
4. Do the math; 15 yr vs 30 yr mortgage
5. Real Estate Industry: who are the players and what does that cost
  - a. Real Estate Agents, Bankers, Attorneys, Taxes and Govt fees
6. Real Estate as an investment: pros and cons

## **Session 4: Saving and Investing for Wealth Building**

**Tuesday, March 29, 2022**

**Presenter: Ian Deluke**

### **Wealth building 101**

1. Compound interest and the benefits of starting early
2. How do I allocate my savings?
3. Retirement Savings – Tax Efficient
  - a. 401(K) and Roth 401(K)
  - b. IRA and Roth IRA
  - c. Other employer-based retirement plans
4. Taxable Savings and Investing
  - a. Taxable Public Market Investing
  - b. Entrepreneurship
  - c. Private Real Estate
  - d. Private Equity
5. A bucketing and overflow framework
6. Investing 101
  - a. The power of credit and debt in investing
  - b. Starting out – Public Market Investing
  - c. Emerging Affluent – Public and Private Market Investing
  - d. Wealthy Investor – Preservation and Maximization
  - e. Tax minimization
7. Estate Planning
  - a. Beneficiary Designations
  - b. Wills and Trusts
  - c. Durable Power of Attorney
  - d. Healthcare Power of Attorney
  - e. Letter of Intent
  - f. Guardianship Designations
8. PT Financial Case Study