



HEALTH & WELLNESS: FINANCES FOR MILITARY PERSONNEL

A one-day (0.7 CEU) performance-focused training



CORE COMPETENCIES

UPPER MOHAWK, INC. (UMI) is a federally accredited Woman-Owned Small Business (WOSB) under the 8(m) Federal Small Business Program and a State of Florida-certified Woman-Owned Small Business. UMI's Training Division has extensive experience creating customized training solutions, as well as providing a broad course catalogue for government agencies and private organizations.

WHAT IS THIS COURSE?

Our 8-hour 'Health & Wellness: Finances for Military Personnel' course intent to enhance your financial fitness and build a solid foundation for managing your money. This course will guide you through creating and using a spending plan, understanding credit reports and scores, and addressing the impact of money on stress. Designed to provide practical tools for better money management, it's an essential introduction to navigating the complex financial landscape that affects both personal and professional aspects of your life.

COURSE FOCUS

- Identify the elements of a budget and assemble a budget for your home using the Budget Toolkit
- Define the differences between simple and compound interest and make informed decisions about credit decisions
- Identify credit score, total debt, and debt-to-income ratio from a sample credit report
- Identify the differences between Chapter 7 and Chapter 13 bankruptcy
- Define the purpose of the Fair Debt Collection Practices Act
- Identify the signs of compulsive debit and execute steps to recovery
- Identify and de-escalate financial stressors and combat their negative effects on the student's health
- Discuss the differences and benefits of 401(k) and 401(a) programs, and establish investing goals

WHY THIS COURSE MATTERS

It provides military personnel with practical, step-by-step tools they can use immediately to improve financial fitness and reduce stress, participants gain real-life skills by creating a spending plan, reviewing and repairing credit, understanding debt habits, and seeing how compound interest supports long-term goals like retirement. By connecting money management to family dynamics, emotional triggers, and job performance, the training strengthens both personal stability and mission readiness.

Innovative Training Solutions for Organizations.

COURSE STRUCTURE

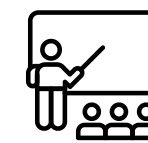
- Budgeting
- Credit Report/ Credit Score
- Bankruptcy/Fair Debt Collection
- Compulsive Debt
- Financial Stress/Youth Health
- Investing and Retirement



Learning Environment
Classroom.



Course Length
8 Hours Class Break.



Class Size
Max 20.



Credit Hours
Earn 0.7 CEUs upon full course completion.

OUR CERTIFICATIONS

Unique Entity ID: PHHWWNNITRT5

CAGE Code: 4WTS1

Certification

- Accredited CEU Provider by IACET
- IADLEST



Provider# 1005781

FOR MORE INFORMATION

Visit Our Website



Connect with us   