



ALPHA  
WEALTH

EMPLOYEE FINANCIAL WELLNESS

Securing  
Your Team's  
Financial  
Well-Being



# Why is Financial Wellness Important for Employees?



1

71% of employees cite the cost of living as a main cause of financial stress & anxiety

2

57% of employees worry about their finances

3

The main causes of stress and anxiety for 47% of employees is uncertainty about the future

Research has shown that financial stress can have a significant impact on mental health, physical health, and overall well-being. In fact, financial stress is one of the leading causes of stress in Ireland. By providing **financial wellness sessions** for your employees or members, you can help them reduce their financial stress and improve their overall well-being.

# A MESSAGE FROM OUR MANAGING DIRECTOR



At Alpha Wealth, we believe that financial wellness is about more than just numbers. We're here to help you unlock the power of financial wellness programs for your organisation. Over the past decade, we've been working with organisations throughout the country to provide financial wellness sessions that deliver real results and peace of mind to employees regarding their personal finances.

## COMPANIES WE HAVE WORKED WITH



The image features two men in professional attire standing in front of a blurred background with large, stylized letters. The man on the left is younger, with short brown hair and a light beard, wearing a dark blue suit jacket over a light blue shirt. The man on the right is older, with grey hair and a beard, wearing glasses, a white shirt, and a grey tweed jacket. They are both smiling and have their arms crossed. The background shows large, blue and purple letters, possibly 'M' and 'W', on a wall. The overall scene is brightly lit, suggesting an indoor setting with large windows.

# WHAT WE OFFER

We offer financial wellness sessions that are tailored to the unique needs of your organisation. Our team of QFA qualified financial advisors will work with you to develop a customised program that addresses the specific financial challenges facing your employees. We'll cover everything from budgeting and saving to retirement planning and investment strategies.



# BOOK AN EMPLOYEE FINANCIAL WELLNESS SESSION



**BOOK A DATE AND TIME THAT SUITS YOUR ORGANISATION**



[www.alphawealth.ie](http://www.alphawealth.ie)



[info@alphawealth.ie](mailto:info@alphawealth.ie)