

Media Release

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How to help your team get financially sorted

Helping work teams to get their money sorted can be good for business. That's why the Retirement Commission has developed a free seminar for employers and managers to run with their staff.

Called 'Sorted - Your guide to getting there', the seminar and the material needed to run it can be downloaded directly from the Sorted website, sorted.org.nz/seminars.

Retirement Commissioner Diana Crossan says people who are experiencing financial stress don't leave it at home when they come to work.

"Financial stress can spill over into the workplace and affect how people do their jobs. The simplest reason for helping your team get their money sorted is to make your business a better place to work," she said.

"Workers who don't have money worries will probably be less stressed, may take fewer days off sick and are likely to perform better at work."

Tip Top is one of the companies to have piloted the seminar. General Manager Human Resources Joanne Fair says it was a great opportunity.

"Our employees were really positive about the information they gained and the valuable tips they could take home and action. From the company's point of view it was an excellent fit with our Wellbeing Programme. We'll be running further Sorted seminars during the coming year," she said.

Managers or team leaders can use the seminar to introduce their teams to the six key steps to getting financially sorted. It covers the basic information people need to know, explains how to achieve each step and where to get extra help. Participants will leave with information to set their goals, look at their spending and develop a budget. A list of facilitators is available on the Sorted website for employers who would like help delivering the seminars.

The seminar, which takes about an hour, includes a presentation, a guide for facilitators and a worksheet for participants. Participants also receive a set of Sorted's free booklets including the matching booklet, [Sorted - Your guide to getting there](#).

[Sorted.org.nz](http://sorted.org.nz) is New Zealand's free independent online money guide, run by the Retirement Commission. It's full of calculators and information to help Kiwis manage their personal finances.

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