



FEBURARY 2022, ISSUE 04



A TOPIC OF CONVERSATION

EMPLOYEE APPRECIATION SHOULDN'T BE FOR ONE DAY OF THE YEAR



This is the fourth
issue of your
Monthly Happiness
Newsletter

LET US KNOW
YOUR
FEEDBACK!

Your wellbeing is important

Now that we're over the hump of winter, the floral scents of spring are in our not too distant future. This, combined with our newfound freedom from the lifting COVID restrictions, are giving our team here at Lifetime that optimism that we've been longing for...and we hope that you are feeling the same!

Last month we talked about the importance of keeping up your resolutions and we hope that you are well on your way. But we get it, it didn't take long for some of us to get back into the chaotic work and family life that consumes our days, so much so that some of those optimistic aspirations for 2022 are still to be actioned.

But the most important thing is that they are there; they're proof that we want to better ourselves and the way we live our lives. And this is why we are here thanks to your employer, to help people improve their lives through financial planning by enhancing their wellbeing. On 4th March it will be National Employee Appreciation Day, and there are many employers who don't offer any employee benefits that have the potential to improve their team's wellbeing. Your employer recognises how important your wellbeing is, both at home and at work, and that is why they have offered out our service to you. It is an opportunity to gain the knowledge and confidence to make potentially life-changing decisions about your money.

If you started this new year with any financial worries that are affecting your wellbeing, just know that you are not alone.



When treating yourself to something online, you can actually make money on purchases using a cashback website.

"Lifetime FM were the mortgage advisors I used when purchasing my first house. From start to finish the service provided by Scott and the team was informative, professional and friendly which helped make what can be a daunting and stressful experience much easier. The advice I received really helped me make my decision and whenever I had any queries Scott was very quick to respond. A nice little touch was the moving in gift of a few drinks which was unexpected but greatly appreciated. I would use Lifetime again for such services and would recommend to others."

Lifetime Client Testimonial

If In a recent survey it was found that 58% of employees admit that they are stressed about their finances, 50% of which admit that this has caused a distraction at work.

No matter what your concerns might be, the purpose of your employee benefit is to provide you with the tools and guidance to help you.

you have concerns about debt, we have signposted some useful contacts in our resources section of the Learning Hub that specialise in helping those struggling financially. Perhaps you need to save more but feel like you can't, there are always plenty of tips you can adopt to free up money here and there. For example, challenge yourself to a 'no spend weekend' by having a film or games night, walk around free parks or museums and get crafty with the kids.



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Also, if you've let your mortgage or insurance policies renew automatically, check for a cheaper deal or interest rate so you're not overpaying. Or, if you want to get more out of the money you are saving already, contact one of our Lifetime Coaches who will be able to show you how much it could potentially grow if you simply saved it elsewhere.

Our Hub is always growing and we like to hear from you about the things you would like to see on there, so please feed this back to your employer and we will work on it for you!

Kind regards,

Your Lifetime Team