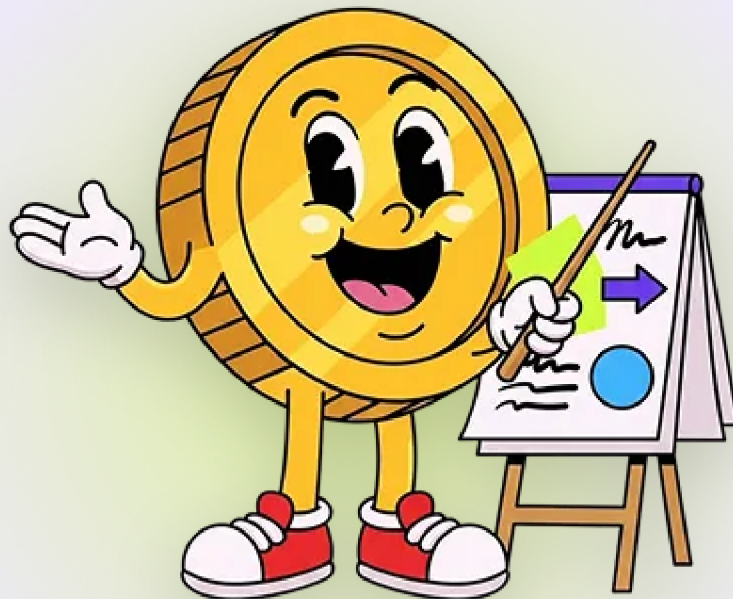


• FOR EMPLOYERS, CREDIT UNIONS & COMMUNITY TEAMS

FUC MONEY

Money workshops that change behaviour.

The financial wellness session that changes behaviour, not just knowledge.



fucmoney.com/workshops

[Overview](#)

The financial wellness workshop that changes behaviour, not just knowledge.

A half-day session on the avoidance that sits between knowing about money and acting on it. Every participant leaves with one concrete next step, a 30-day practice, and the app, so the change holds long after the session ends. For employers, credit unions, and community organizations.

\$1,000

per employee, per year — the cost of financial distraction.

Financial Consumer Agency of Canada, conservative estimate

51%

of employees spend work hours worrying about money.

National Payroll Institute

3×

more likely, under-40s vs over-50s, to report stress hurting productivity.

Benefits Canada, 2025

Information was never the problem.

"Financial literacy and reminding Canadians of the importance of saving isn't helping them get a better handle on their finances."

— Canada's Financial Wellness Lab / National Payroll Institute, 2025

Free literacy workshops deliver information. We work on the avoidance that stops people acting on information they already have. Different job, different category.

What happens in the room — four movements, half a day.

01 • Face it

An honest, judgment-free read on the relationship your people have with money.

02 • Look at it

The 10-second look, done together. Own screens, nothing shared, nothing shown.

03 • Name one move

Not fourteen goals. The single next thing, in plain words.

04 • Make it stick

Everyone leaves with the app and a 30-day practice, not a pledge.

What your team keeps, long after the session.

The workbook

Each person's own reflections and next step, theirs to keep.

The app

The daily 10-second check-in.
Free, private, no account or bank linking.

The 30-day practice

A structured plan that turns the session into a lasting habit.

The practical bits

FORMAT

In person in the GTA or wherever you are (we travel), or remote anywhere.

LENGTH & SIZE

Half day standard, or a 90-min lunch-and-learn. 15–60 people.

LEAD TIME

Three weeks.

INVESTMENT

Priced to the organization, typically \$5,000–\$8,000. Reduced rate for early clients in exchange for feedback + a testimonial.

Who runs it

Majid Behboudi — co-founder. Built products for years while quietly avoiding his own banking app; built FUC Money so facing money feels like a nudge, not a spreadsheet.

Gloria Chik — co-founder. Growth and storytelling, 15+ years Toronto to New York, now aimed at how we actually feel about money.

We're educators, not licensed advisors. No products, no commissions, no accounts touched, no balance ever seen. Nobody discloses anything to anyone.

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