



Schedule a consultation to speak to a financial coach from Marsh McLennan Agency (MMA) regarding any questions that are specific to your individual financial needs. Johns Hopkins University has partnered with MMA as a trusted partner to guide you on your financial journey.



Various financial topics can be discussed including:

- Your Employer Retirement Plan
- General Investment Questions
- Social Security
- Debt/Budgeting
- Employee Benefits & Insurance
- Review Tools Available on the Prosper Wise site
- Retirement Planning

Getting Started with Managing Financial Stress

Feeling overwhelmed by financial stress? Our practical guide offers essential steps to help you take control of your finances, from tracking your spending to distinguishing between wants and needs. Discover effective strategies to cut unnecessary expenses, increase your income, and regain peace of mind. Don't let financial worries hold you back—start your journey to financial stability today!



Recognize the Impacts of Financial Stress

Curious about your financial wellbeing? Our innovative Financial Stress Assessment reveals how financial stress affects your thoughts and emotions. Discover your unique coping strategies and receive personalized recommendations for finance and mindfulness activities to help reduce stress. Click the link to take your stress score assessment and start your journey toward a healthier financial future today!



Managing Financial Stress

Are you feeling overwhelmed by your finances? You're not alone! Imagine transforming that stress into a powerful motivator for positive change! Join our engaging course designed to help you conquer financial stress and reclaim your peace of mind. We'll explore what financial stress really is, how it manifests in your life, and equip you with effective strategies to regain control.

Discover practical tools for success, from analyzing your expenses to seeking professional guidance and incorporating mindfulness practices into your daily routine. This course empowers you to stay motivated and take charge of your financial well-being. Don't let financial stress hold you back! Embark on the journey to a brighter, more confident financial future!



[Take the Course](#)

- **What causes financial stress**
- **How financial stress might progress**
- **Tips to reduce stress**
- **How mindfulness can help you manage your financial stress**
- **What financial stress is**
- **How to identify and understand the financial stress in your life**
- **Ways financial stress can impact your overall well-being**

Financial Well-Being Webinar

7 Principles of Generating Retirement Income

Join us for an engaging webinar that unveils powerful financial strategies! Discover how to master cash flow, optimize investments, maximize Social Security, and secure guaranteed income for a thriving retirement!

