

Mind & Money (ENG)

Building Financial Well-Being through Mindful Money Management

A hands-on workshop designed to promote your financial and personal well-being. Through an interdisciplinary approach that integrates behavioral economics and economic psychology, the workshop combines theoretical input, group discussion, and practical tools to help you develop a new and more conscious relationship with money. You will learn to recognize the cognitive mechanisms that influence financial decision-making, practice budgeting exercises, and use simple, intuitive tools to manage everyday financial resources in a more calm, autonomous, and mindful way.

Practical information

Format: online

Duration: 2 sessions of 3 hours each

Link: TBA (to be announced)

Dates: apr-may

Participation: free of charge, with limited places (The workshop will be activated upon reaching a minimum number of participants)

[**Registration Link**](#)