



# HOW WOMEN'S FINANCIAL SELF CARE CAN LEAD TO STRONGER FAMILIES AND STRONGER COMMUNITIES



*First  
Nations*  
FOUNDATION



Indigenous Women's  
*financial wellness*

We acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

We pay our respects to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



# SELF INTRODUCTION



LARISHA JEROME

Jarowair, Wakka Wakka &  
Wulli Wulli woman.



Sunset on Jarowair Country in the Bunya Mountains, QLD



**First  
Nations**  
FOUNDATION

MY MONEY  
**Dream** 









**Indigenous Women's**  
*financial wellness*

**Tomorrow** MONEY  


Core Modules



 BANKING BASICS	 SUPERANNUATION	 INSURANCE
 BUYING A HOME	 BUYING A CAR	 FINANCIAL STRESS STRATEGIES

**TO  
UNDERSTAND  
THE PRESENT,  
WE MUST FIRST  
LOOK AT THE  
PAST...**



# PERCEIVING WEALTH



REDRESSING ECONOMIC  
INJUSTICE



Photo Credit: Juynjulam Art



# Financial Wellness

**DEFINITION;**  
YOUR OVERALL HOLISTIC FINANCIAL HEALTH



*Mentally*

Financial Wellness



*Spiritually*

Financial Contentment



*Physically*

Financial Freedom



# Empowered women *empower communities*

[TOMORROWMONEY.CO/WOMEN](https://tomorrowmoney.co/women)

A financial wellness resource and education hub  
for Aboriginal and Torres Strait Islander women



FINANCIAL  
WELLNESS

MONEY  
LESSONS

HOME  
OWNERSHIP

MANAGING  
HUMBUG

CAREER &  
BUSINESS

GETTING  
MONEY HELP

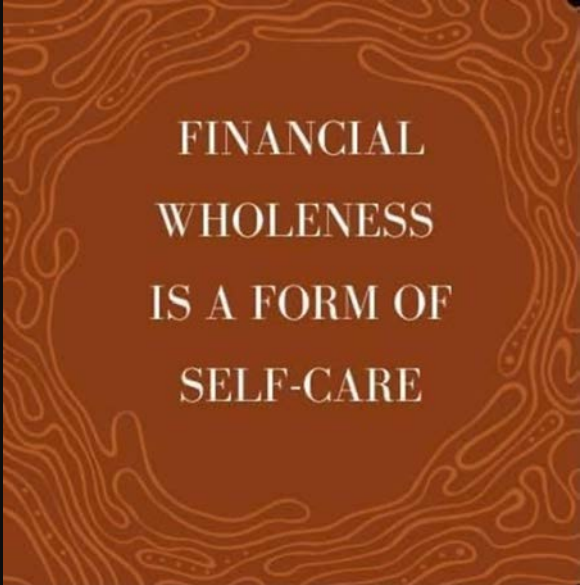
HEALING YOURSELF  
IS GENERATIONAL  
WEALTH



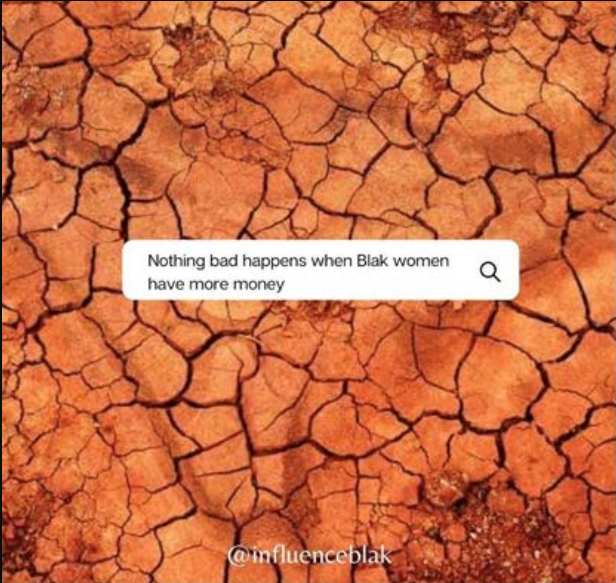
## How to practise financial self care

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- Financial Literacy Education
- Mindset
- Motivation
- Empowerment
- Self Development
- Self Help



FINANCIAL  
WHOLENESS  
IS A FORM OF  
SELF-CARE



Nothing bad happens when Blak women  
have more money

@influenceblak



**ENERGY**

focus your effort + creativity



**PERSISTANCE**

be willing to fail a few times



**VISION**

bring a clear goal + outcome



**OPENNESS**

be open to new ways of thinking

# how to greet your obstacles



**INTENTION**

be conscious of each step



**RESILIENCE**

trust your own abilities



**HONESTY**

give yourself time to reflect



**OPTIMISM**

be conscious of yourself & others



Bunya Mountains National Park – Jarowair Country

Empowered women,  
*Empower Communities*

#IndigenousWomen #FinancialWellness



*First Nations*  
FOUNDATION





*QUESTIONS?*

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THANK  
YOU

