Finding the light at the end of the tunnel

UK living standards are dropping

Record fall in household income

Changes in real household disposable income per person



Source: Office for Budget Responsibility

Some people might claim we don't have a problem

× "GEN Z JUST NEED TO BE	× "THE COST OF LIVING IS	× "INTEREST RATES WERE
MORE COMMITTED"	OVER"	HIGH IN THE 80S, TOO"
9 million younger employees have never worked in an economy with sustained average pay rises	34% of adults had either no savings (or less than £1,000) in a savings account.	Millennials are half as likely to own a home as their parents' generation.

But we know that we're building a house of cards with our finances **400,000** have seen their mortgages increase in the last six months

> % of families with no spare cash **doubled** from 2022-2023

33% have stopped or reduced their pension contributions.



We're much less resilient to economic shocks

23% of UK adults would struggle to pay an unexpected **£200 bill**

32%

Women will retire **6 figures worse off (32%)** than men, on average People with income below the full time minimum wage are in arrears **due to essential household bills**

82%

2.5x

Black and minority ethnic people are 2.5x more likely to be in **relative poverty**

Money worries have a massive impact on employee retention and productivity

67% of employees will job hunt this year for salary reasons. **79%** of our Octopus employees at haven't been able to concentrate on work because of money worries.

45% of people lose sleep and feel tired at work because of money worries.

Employees are still focused on short-term salaries

So while there are short term things you can do....

Season ticket loans

Childcare vouchers

Hybrid and flexible working Budgeting support

Creating support groups

Free lunches

Free coffees

Salary Sacrifice schemes They don't get people closer to the light



A long term view can change decisions

Take an example

The cost of childcare means many new parents stop working or go part time.

But...

- Women retire on average with pension savings of £69,000,
- Compared to **£205,000** for men

So how do you help employees find their own light at the end of the tunnel?

Can't see the point in saving

I am an immigrant earning about £90k in London and I just can't see why I shouldn't blow most of that on builded and luxuries. I know it's antithetical to the spirit of the sub, but hear me out.

What can I save my money for? The three big-ticket items are: retirement; early retirement; property. There is also a short-term goal of an adequate rainy day fund, but that's almost sorted, I believe £12k is more than enough to cover anything. Currently I save about £1-1.2k per month on average to this end (you can see I'm not really trying too hard). What's next?





2. Pathways, not pick and mix



3. Conversations, not digital



4. Personal trainer, not just a load of gym equipment

We've seen the impact of this first hand

81% of employees agree that they feel less worried about money now. 68% can see themselves staying at their company for longer. 85% agree that they feel more on track for the financial future they want.

And the emotional impact is even more profound...

I felt understood and heard, I felt no judgement, only reassurance that my goals are whatever I choose - prioritising happiness between the short and long term.

I didn't realise until after our meeting yesterday how much I was worrying and fretting about my financial future I felt such a relief from talking and listening to advice, I welled up with tears. Being a single person on my own I felt so lost on what I should do next or where to go and the session alaid all my fears and provided me a brief outline of what I needed to think about and consider in the future Having a few pounds a month to pursue a personal passion that brings you joy



Feeling less worried about the financial future for your kids



Being able to plan your dream celebration with friends and family



Making more space (and memories) for your family



Having peace of mind knowing you can retire at 65 instead of 70



More resilience More peace of mind More joy

