

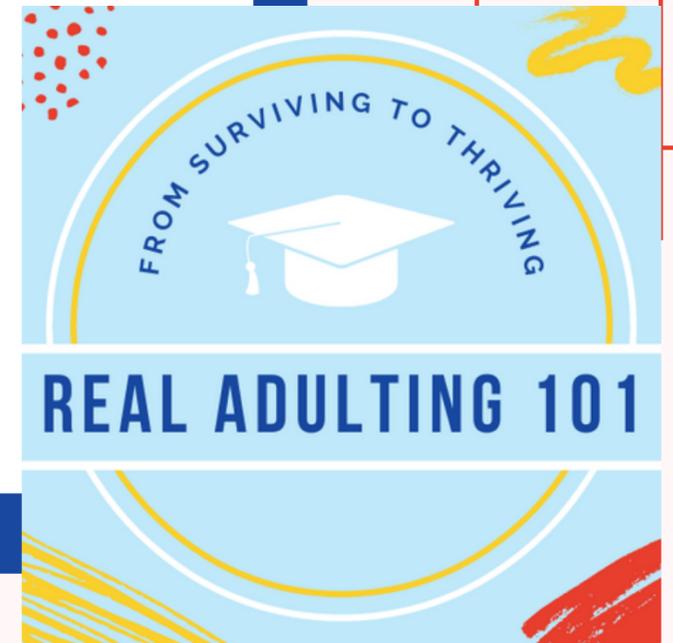


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REAL ADULTING 101

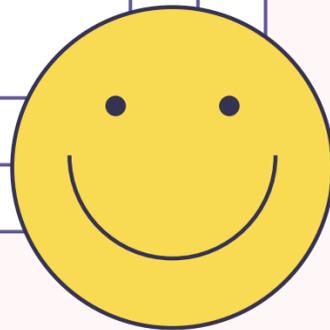
- ✓ ONLINE LEARNING
- ✓ EXPERT ACCESS
- ✓ COMMUNITY
- ✓ ACCOUNTABILITY
- ✓ TOOLS + RESOURCES
- ✓ ACTIONABLE GUIDANCE



WHO WE ARE

A community that supports your personal growth through an online platform with curated courses, resources, and support to make adulting as easy and empowering as possible.

Designed with the busy, overwhelmed adult in mind.



Mission

To make the adulting journey as easy and empowering as possible by providing the education and resources to help everyone thrive as an adult.



Vision

For everybody to have access to the relevant education and support necessary to live a thriving life.

*Coming Soon

Finances

Personal Finance 101
Investing 101
Credit 101
Canadian Taxes 101*
Finances for Partners
Budgets 101
Mortgages 101
Financial Planning 101
Insurance 101*

Life Skills

Real Estate 101
Home Organization 101
Sustainability 101
Clothing Sustainability 101
Sewing Basics
Auto Care 101
Time Management
Relationships 101*
Dating 101*

Health & Wellness

Mental Health 101
Therapy 101
Breakups 101
Perfectionism 101
Sexual Health & Wellness*
Anti Diet Culture*
Healthcare 101*

Career & Education

Job Searching 101
Linkedin 101
Resumes 101
Cover Letters 101
Networking 101
Student Life 101*
Personal Branding*
Interview Skills 101*

Inner Growth

Intentional Living 101
Perfectionism 101
Emotional Intelligence 101
The Power of Asking
Dealing with Rejection
Self Love
Interpersonal Communication
Burnout Prevention*
Boundary Setting*

OUR
COURSES



Manageable, Bite Sized Lessons

Courses are broken into 3 - 20 minute lessons, so you can be learning even if you only have 15 mins/day. We want to build that intrinsic motivation through small and consistent steps and wins, rather than being another large task that they feel overwhelmed and guilt ridden by.



Actionable Steps

Learning is great, but the implementation of our learning is even better!

Our actionable steps help individuals implement their learning and sustain their change and growth. Most courses also come with a PDF fillable workbook to be able to return to your learnings long after the completion of your course.



Community Connection Moments

Because members take our courses alone and on their own schedule, we decided to find some more ways we can make it more connected. Throughout the course, there are moments to connect with others who are taking/have taken the course. These include discussion prompts, questions, sharing before/after photos, sharing faves of relevant topics, etc.

OUR COURSES

Co-Working Sessions

Semi-weekly sessions meant to encourage productivity and community in an online space.

Onboarding 1:1's

Designed to help you get the most out of your learning experience, define your goal(s), and strategize your personalized journey for your time on Real Adulting 101.

Chat Forums

We created a number of chat forums for you to connect with others, and to find answers in! You'll get to share your learnings, wins and challenges with those on a similar journey!

Goal Setting Workshops & Check-Ins

Set your goals and stay motivated! With the RA101 community, you'll share your progress with members who are in the same boat and gain judgement-free accountability.

Live Q&A's + Workshops

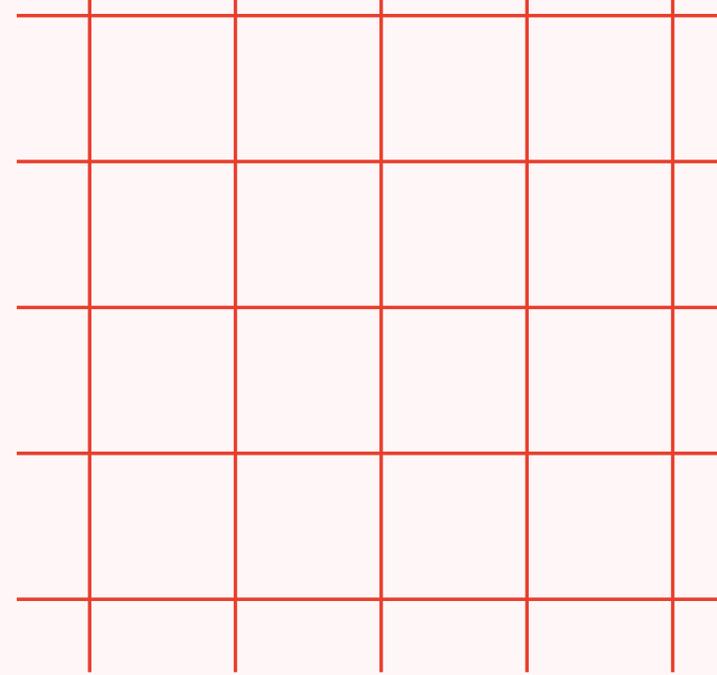
Stay tuned as we bring on different professionals to run workshops and Q&A's for more live, in-the-moment connection and learning.

OUR COMMUNITY



OUR TEAM

Certified Realtor
Clinical Counsellor
Certified Sex Therapist
Certified Life Coach
Tax Professionals
Chartered Financial Analyst
Chartered Professional Accountant
Automotive Service Technician
Professional Organizer
Master/PhD Students (Medicine, HR, Education,
Psychology & more!)



OUR VALUES

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Live Intentionally

When we embrace intentional living, we can live on our own terms and create a life of meaning and purpose.

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Keep It Simple

Whether we're talking about finances, mortgages, or auto care—we want to keep it simple, so everyone can understand.

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Be the Humble Guide

We talk to people, like a well-informed friend, not like a teacher or lecturer.

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Community

We strive for our community to be a place of growth, empowerment, and opportunities through fun challenges, accountability check-ins, webinars, and community events!



RA 101 BENEFITS

YOUR EMPLOYEES WILL EXPERIENCE:

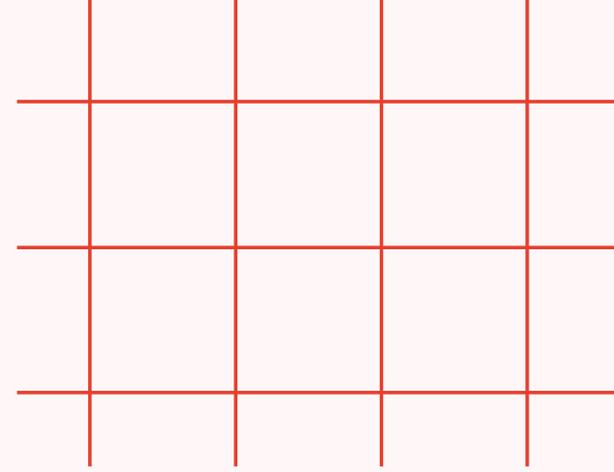
- More empowerment, productivity & confidence
- A healthier and more balanced life
- Financial, mental & emotional stability
- Stronger relationships & communication skills

YOUR WORKPLACE WILL EXPERIENCE:

- More resilience
- A healthier and happier workplace
- Less burnout
- A more focused work day

YOUR BUSINESS WILL EXPERIENCE:

- Less employee turnover
- More employee loyalty
- Attracting higher quality employees
- Higher revenue





Only **230,000** of **500,000** Sun Life members eligible for employer-sponsored RRSP programs, took advantage of them.*

Finances matters are the **top cause of stress and distraction** at work.^

62% of all employees **look to their employers** for help in achieving **financial security** through employee benefits.**^

79% of employees would **prefer new or additional benefits** to a pay increase.^*

69% of millennial Canadians **can't pass a basic financial literacy test**.**

In 2021, **59%** of millennial workers and **58%** of Gen Z workers experienced **burnout**.***

WITHOUT RA 101:

* **Source:** Investment Executive

** **Source:** Survey by IPSOS and LowestRates.ca

^ **Source: MetLife

^ **Source:** PwC's 9th annual Employee Financial Wellness Survey

^* **Source:** Glassdoor's Q3 2015 Employment Confidence Survey

*** **Source:** Thrive My Way Burnout Stats

SOLUTION:

With Real Adulting 101, your employees:



Are **less stressed** due to taking **control of their finances**.



Are **more productive** due to understanding time management, dealing with rejection, preventing burnout and taking steps to **better their mental and emotional health**.



Are **more empowered** to give ideas, take charge and **take pride in their work**.



Are overall happier and we all know know happy & healthy employees = a happy work environment which = **more revenue, less employee turnover** & a better reputation for **great future hires**.



Will have more time in their afterwork hours to manage the many different elements of their life, leading to a **more focused day at work**.



PS.

We know that, generally, your employees 35 and under will get the most benefit out of this company perk.

However, we want your older employees to be excited about this too, which is why your elder millennial & Gen X employees can use the membership themselves or share with a loved one such as a child.

We also have a course being developed specifically for parents on how to help their young adult children transition to adulthood.



○ ○ ○ **Matt P**

"The platform is phenomenal! So many great topics that I wish I knew in high school. Great value for money and so excited to keep going through all the courses to further my knowledge and share my learnings with friends and family!"

○ ○ ○ **Meredith P**

"I've needed something like Real Adulting 101 in my life for a long time... Now I have a resource that completely understands the level of learning that I'm at with no shame or judgement. The other thing I love about this website is the variety in courses. There are lessons on this site that were not even on my radar! That realization should have been overwhelming, but the breakdown of the lessons truly make me like I can confidently do this at my own pace, around my own schedule. The site is easy to follow yet thorough; they didn't leave a stone unturned. I'm excited not only to keep learning here but to share the knowledge that I gain with my friends and family."

○ ○ ○ **Erin H**

"The site is easy to use and professionally done. I feel really catered to, like my needs/wants as the learner are being respected and cared for, both through the constant desire for feedback and how easy it is to reach out for support. Life is hard! I feel like this platform is going to help me with that. I'm energized by the different courses available and excited to get started on my learning."

○ ○ ○ **Madi C**

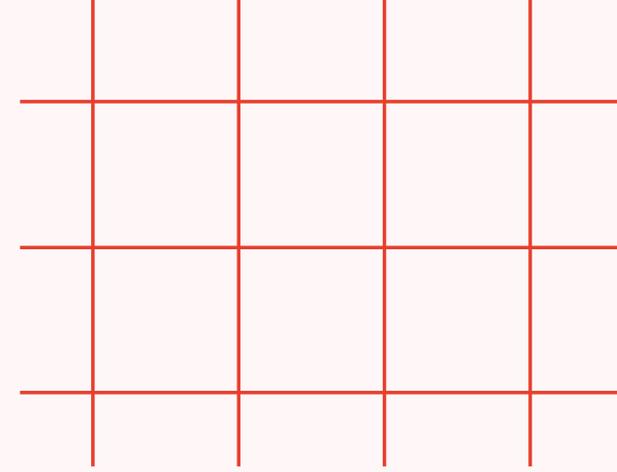
"Brittany is the fairy godmother of finances! Her courses are easy to follow, inspiring, educational and relevant! Learning about finances has never been easy for me, but her courses and information are formatted in a way that make the information stick! I am already so inspired and taking the steps to better my financial journey thanks to her. I can't wait to see what else Real Adulting 101 has to offer!"

REVIEWS



PILLOT PROGRAM PRICING

*Minimum 6 month commitment



1-15 EMPLOYEES

\$5.50/month per employee*

16 - 25 EMPLOYEES

\$5.00/month per employee

26-50 EMPLOYEES

\$4.00/month per employee

51-100 EMPLOYEES

\$3.50/month per employee

100 + EMPLOYEES

Please contact RA101 at hello@realadulthood101.ca
We look forward to finding a package that works for you and your team!



JOIN FOR A YEAR AND SAVE 10%

EXCLUSIVE MONTHLY EVENTS:

Do you really want your employees to **succeed and grow**?

Some may need a little more motivation and support.
That's why we've developed our monthly sessions for your team.

We believe community changes lives.
It makes every step of growth easier, more efficient and more enjoyable!

Have Real Adulting 101 host monthly sessions where your employees can:



Set & share goals



Ask for additional support or accountability



Share wins & challenges



Feel personally supported and cared about

CHAT TO US ABOUT ADDING THIS TO YOUR PACKAGE!



Browser



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