

A training seminar on "Money and Psychology" was held

Gulnafis Zhalenovna Shibyntaeva, Master of Psychology and Pedagogy, psychotherapist, Gestalt therapist, and hypnotherapist, conducted a comprehensive training on "Money and Psychology" for second-year students of the Institute of Business and Digital Technologies.

During the training, the closely linked relationship between a person's thinking, inner beliefs, and emotional state was widely discussed. It was emphasized that financial literacy is not limited to earning money but is also directly related to proper financial management, financial decision-making, and developing personal responsibility.

It was also noted that the psychology of money is one of the most important factors influencing a person's quality of life, motivation, self-confidence, and future planning. A sound psychological approach to financial management is the foundation of a successful life and a stable future.

Such educational meetings not only enhance students' professional knowledge but also contribute significantly to their personal development and the formation of sound life values.

