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GreenShield[™]
Health

The Mind–Money Connection: Strengthening Financial Well-Being and Mental Health

When financial stress rises, so does mental load — often affecting focus, energy, and overall well-being. This one-hour session explores the connection between financial well-being and mental health and gives employees practical strategies to break that stress cycle. Employees will learn how everyday financial realities intersect with mental health and leave with practical tools to reduce anxiety and feel more in control. Through simple grounding techniques, approachable financial habits, and resource sharing, participants will gain strategies to build resilience and reclaim mental space.

Jocelyn Pepe, RHC, PCC, ICF, MSc



Jocelyn Pepe is a Fractional Head of Wellbeing and mental health researcher & coach within an organization supporting executive and team wellbeing. Jocelyn describes herself as a strategic visionary and a passionate mental health advocate with an ability to make deep connections in both one to one and group environments, weaving in her own experiences from years as an entrepreneur, time working with and in the corporate world, as a mother balancing it all, and as a former endurance athlete, with the latest research in wellbeing and its impacts on individuals and the workplace. She serves as the Vice Chair of the Wellness Coaching Initiative, and a member of the Workplace Wellbeing Initiative, both projects led by the Global Wellness Institute. Jocelyn is committed to supporting optimal mental health and wellbeing for individuals, teams, and organizations to thrive.

