



## Upcoming Webinar! Ask CAPTRUST: The Psychology of Saving: How to Stay Motivated

In our short-form webinar series, *Ask CAPTRUST*, saving money isn't just about numbers — it's about mindset.

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We'll explore the behavioral side of saving and how psychology influences your financial habits. CAPTRUST at Work advisors will share tips for setting meaningful goals, overcoming mental roadblocks, and building lasting motivation. Discover how small changes in behavior can lead to big improvements in your financial well-being and leave with tools to make saving feel more rewarding and sustainable.

**Date:** Wednesday, January 21, 2026

**Time:** 1:00 PM ET

[Register Here](#)

Have questions? Need help? Call the CAPTRUST at Work Desk at 800.967.9948, or [schedule an appointment](#) with a retirement counselor today.

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