



Hurdling Through Finances

An introduction to Financial Health for Young Adults



About the Speaker

Landria Buckley, M.B.A., is a Howard University and University of Maryland Alumna and a former professional track and field athlete. Some of her achievements are; obtaining a Master's in Business Administration, achieving a professional career as a Subcontracts Administrator with a professional background in Finance, and public speaking, traveling throughout Europe, Latin America, Asia, and Africa, competing on the professional track and field circuit.

About the Seminar

Hurdling Through Finances was created to plant the seeds to financial health and wealth for young adults. The one hour seminar is designed for young adults in order to teach them how to navigate personal finances. While the focus is on student-athletes, hurdling through finances is beneficial for all high school and college students. Topics covered includes but are not limited to an introduction to financial health and wealth, debunking student loans, credit health, stocks, bonds, money markets, Roth IRA's to things as simple as a checking and savings account. Hurdling Through Finances helps young adults gain a general understanding of how to manage their finances and helps them avoid the financial mistakes most college students make.

Mission Statement

Landria wants to help young adults gain control of their personal finances through education. She believes the building blocks for financial health should start when person is young in order to avoid financial pitfalls and start building financial wealth as soon as possible. Landria, has made it her mission to educate young adults on how to

manage their financial priorities as they embark on adulthood.

What can be expected from the Seminar?

This one hour presentation will provide young adults the information they need to begin to manage their personal finances including but not limited to:

- An introduction to Personal Finances, Financial Aid and good Credit Health. It is important that young adults have a general understanding of how to avoid the financial mistakes that plague college students.
- A thorough overview of Credit Health, how it works, and how to achieve a 750 and above credit score
- Creating an open dialogue about expectations versus the reality in regards to financial health and career salaries.
- Each student will receive a packet with resources and questionnaires to help guide them as they learn how to manage their finances. As well as tips and tricks.
- An overview of stocks, bonds, money markets, Roth IRA's, 401K, checking accounts, savings account

Speaker Accolades

Master's in Business Administration
Subcontracts Administrator
Finance Background
All-American – 100 hurdles
Former Professional Athlete – 400h
2016 USA Olympic Trials Semi-Finalist
2008 USA Olympic Trials Qualifier
World University Games Finalist
Competed on the Professional Track and Field Circuit

