
Thanks for keeping your social distance!



TAKE 5 WEDNESDAY

Hi vanesa

Here is your weekly dose of "TAKE 5 Wednesday", a list of what I'm enjoying, pondering and working on.



Financial aid guide for university and college students in Canada

Tuition is due soon and we know that higher education is expensive—even without a pandemic. Click [here](#) for a guide to financial help with post-secondary education expenses. Keep in mind that there are many grants, bursaries and scholarships that may be available in addition to government student aid. It's best to check with your guidance counsellor or university or college financial aid office to find out about other grants available to you or your children.





How to manage difficult conversations

Chronic stress and flaring tensions can fuel arguments with family and friends. Many conversations have the potential to become heated, especially while current levels of tension are keeping our fight-or-flight systems activated, making us more likely to react. [Here](#) is how to achieve a better outcome. A common mistake is trying to explain things to the other person. Explanation is just a nice word for argument. When you are explaining something, the other person feels like you're telling them that they don't understand and that they aren't smart. Start by making the other person feel heard. Once they feel heard, it's easier to suggest, "How do we move forward?".



Are you ready to travel?

Air Canada has a flight pass that lets you travel coast to coast whenever you want and you don't have to buy tickets every time you fly. They're offering a pre-paid package with four or eight flight credits. You can buy this pass until September 1 and it's valid for 15 months from when you get it. Click [here](#) to learn more about the pass.



How landscaping can lower your taxes

Gardening isn't just about making your house look good. The physical exercise can contribute to a healthy weight and lower blood pressure and simply interacting with flora can improve your mood and mental health. According to [this article](#), some landscaping costs can even give rise to tax relief.

Quote I'm pondering

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." — Carl Bard

Thanks for TAKING 5!

Scott

Whenever you're ready... here are 3 ways I can help:

Option 1.

Let's have a chat: Just [CLICK HERE](#) to see my calendar through our online scheduler. Then, select a time that works for you. The scheduler will book our time and send you the call-in details.

Option 2.

Let's "meet": If you would like to book a free, no-obligation information session, please email me at scottplaskett@ironshield.ca and we can coordinate a time that fits into your schedule.

Option 3.

Attend my next free webinar: Every Friday I get together online with a handful of other local business owners and share with them the most current research and insights into proper financial planning - specifically for business owners. If you'd like to participate or just listen in on the next session, please email me at scottplaskett@ironshield.ca and I'll forward you the details.

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TO LEARN MORE CONTACT US scottplaskett@ironshield.ca

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