



What is Truth About Money?

Truth About Money is an initiative created by 1Life Insurance to provide easy access to financial literacy for all South Africans.

Truth About Money is proud to provide an exciting range of financial education courses, including 30-minute short courses for tweens, generational wealth builders and South Africans ready to make the change and learn to live debt free. Our offering also includes debt management services, a wills & estate benefit and a legal assistance benefit.

You do not need to be a 1Life Insurance policyholder. All courses are available online and can be completed at your own pace.

Truth About Money courses:



Financial Education

An in-depth 8-hour course that covers the basic principles of successful money management and wealth building.



Ditching Debt

Ditch your debt with these tried and tested methods for paying off your debt and living debt free.



Cash Crunch

Always running out of cash and into debt? We show you how to make your money last and find more if you need to!



Generation Wealth

Be the change and be the first to create generational wealth for your family.



Mad Money Skillz

A fun and interactive course that will teach your kids the money management skills they need to shoot for the stars.