



Working to improve financial resilience and financial well-being for all

[Financial vulnerability](#) is a mainstream issue and [problem we're trying to help solve](#) in collaboration with values-aligned partners, with this affecting Canadians and global citizens of all income levels, and in particular more vulnerable populations.

Financial health, financial resilience and financial well-being of individuals and families support individual family and community well-being across generations. The health and resilience of small businesses and financial resilience of financial systems are also critical to thriving, prosperous economies. As a non-profit organization, we're leading work in Canada and internationally and unite around our purpose - *building financial resilience and well-being together*. We are driven by a key vision to help create a better world and systemic change through improved financial resilience and financial well-being for all, while enabling evidence-based decision-making, targeted interventions and innovation that sparks positive change.

As a [leading independent authority](#) on financial well-being in Canada and globally, we empower purpose-driven organizations and partners to profoundly understand, benchmark, and improve the financial health and resilience of their customers, employees, small businesses, stakeholders and communities. By partnering with us, these organizations accelerate their innovation and impact while leveraging complementary assets for good. This can mean improved household financial resilience at the micro and macro levels and strengthened financial health and financial well-being policies and strategies that build resilience in advance of shocks and measurable financial, social and customer outcomes in line with Sustainable Development Goals.

We began in 2009 as Seymour Management Consulting, a social enterprise founded in 2009 by Eloise Duncan, with our work grounded in over 15 years of dedicated financial health dedicated practice from 2010 to 2025. As of September 2022, we became the non-profit organization Financial Resilience Institute, with offices located in Vancouver, Canada. We're creators of the Seymour Financial Resilience Index ® and world-leading peer-reviewed [Household Financial Resilience Index](#), complemented by the national Financial Well-Being Studies Instrument in Canada (2017-2025) with application in other countries and customized studies and analytics provided for clients and partners. We lead work internationally as a leading independent authority on financial resilience, financial health and financial well-being. Our clients and partners include Financial Institutions, Policymakers, FSA, Employers and Non-Profits, working with them wherever they're in their financial health and resilience innovation journey, so they can achieve their business, customer and social impact goals. Our evidence-based research analytics, impact measurement, proven methodologies, customized solutions and cross-sector collaboration spark solutions in programs and practice. Founded by Eloise Duncan, CEO and Founder and governed by a [Board of Directors](#) with a senior [Advisory Council](#) we are leading work globally to drive systemic change.

Our organization leads impactful work and programs in line with our [impact goals](#) thanks to the support of our [strategic partners, funders and supporters](#). Read about our progress against our impact goals over the past two years in our recently published [impact report](#). For more information on our growing [team](#), [projects](#) or testimonials visit [finresilienceinstitute.org](#).

The Institute publishes numerous independent, [free reports and intelligence](#) on financial resilience, health and well-being and contributes to global financial health impact measurement and [thought-leadership](#) globally. While the Financial Resilience Index Model is our primary instrument, we have recently made available an open-source subjective [Financial Well-Being Index Model and Toolkit](#) to support financial well-being measurement complementing organizations' and countries studies and indicators.

Our team also develop proprietary solutions, including leveraging transactional and supply-side data and are leading work to advance financial inclusion, economic inclusion and mobility. We lead and support financial health strategy-to-execution projects, leading organizations using our Indices to measure their purpose and/or progress social finance innovation for target populations and [those who need help most](#). Driven to help empower all global citizens and help drive systemic change, we have launched a free [financial resilience score tool](#) and bank of articles and resources co-create other solutions to catalyze positive change. As leading experts in [Small Business Financial Health and Resilience](#) impact and measurement, [Climate Change and Financial Resilience](#) and other key areas of practice, our holistic [Personal Financial Well-Being Framework and Small Business Financial Resilience Frameworks](#) ground our studies and work.

We lead [projects](#) with values-aligned Financial Institution clients and Strategic Partners to together help foster financial health innovation and build more resilient, inclusive, sustainable economies. We work to help improve financial inclusion, financial health, financial stability and financial empowerment, with our customized services including but not limited to: [research, analytics, benchmarking and impact measurement](#); [financial health consulting and advisory](#), [customer financial resilience scoring and white-labelled solutions](#) and [collaborative impact projects](#).

Please [contact us](#) to become a client, funder, strategic partner or supporter and explore opportunities for collaboration. We are growing our funders and partners to accelerate impact together.

Eloise Duncan, our CEO and Founder can be reached directly at eloise@finresilienceinstitute.org or follow us on [LinkedIn](#).