

THE OPINION

SHRINK YOUR MONEY STRESS

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HAVE LEADERSHIP SKILLS,
WILL TRAVEL:
FEMALE DEMAND
FOR INTERNATIONAL
MOBILITY ON THE RISE

FOREIGN CORRESPONDENT
Mary Fitzgerald
TAKES THE STAGE AT
TOP 25 AWARDS

HOW TO ~SHRINK~ MONEY STRESS

BY ADRIENNE GLIGORIC



SHED YOUR DEBT

In working as a financial advisor with successful women for more than 20 years, I've found that excess debt can be the number one stressor. In a poll of people going through divorce, 97 per cent of the respondents said that money was the primary issue.* If debt servicing is taking much of your disposable income, it can leave you financially vulnerable to life transitions—expecting a child, job loss, separation or health issues. The only reasonable personal debt is a mortgage or car loan. If you are carrying a line of credit or credit card debt used for personal consumption, then you have spent tomorrow's income. Focus on paying these down as soon as possible, then transition to paying the balance off every month—do not carry a balance forward. Getting debt under control and aggressively paying it down better positions you with more disposable income to provide an education for your children, have an emergency fund or to build a comfortable retirement nest egg.

Jackie Ramler

Portfolio Manager, Barrie Office

RAMP UP YOUR TRAINING

Work with a financial advisor to develop your financial plan. This is like hiring a personal trainer for your finances. You will be put through your paces, gathering up all your financial documents and getting them organized—a brilliant starting point to understanding your financial big picture. From there, your situation can be assessed. At the end of the process, you will have a roadmap to follow and clarity around the actions you need to take to achieve your goals. So many people leave

this to chance and the unknown is a big part of stress.

Bernardine Perreira

*Financial Advisor, Front Street
Toronto office*

PREPARE FOR FUTURE CHANGES

We spend weeks and months, even years fussing about investment returns on our portfolios. They are important; it's the gas in your car. But you don't start the trip without knowing where you're going. It's important to talk about the impact planning can have on your financial future and how to help those plans survive the inevitable transitions that occur in our lives.

I do a lot of work with women whose lives are at a transition point. A lot of the time, there is no roadmap, so during transition times, we flail about and are likely to make mistakes. If you've read my [eBook](#), you'll know avoiding mistakes is one of the keys to financial success.

How do you avoid mistakes? You need a financial advisor that gets you and where you're going. When transitions occur, they are well equipped to guide you. Get a plan, get it down on paper and talk about it at least once a year with your advisor.

Judy Poole

Financial Advisor, Penticton office

*Divorce Choices Inc. poll, from 2009–2014, with over 1600 respondents.

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ADRIENNE GLIGORIC is Vice President, Strategic Initiatives and Head of the Network for Women Advisors at Raymond James Ltd.

We often hear that the key to being emotionally and physically healthy, is to achieve a work/life balance.

As a full-time working mother of two, who feels being physically active is an important factor of overall happiness, I roll my eyes at the term work/life balance. I don't believe there is such a thing as an even balance. My goal is to "get as much of the important stuff done as possible without snapping."

However, I am a firm believer that minimizing stress will help you feel in a more balanced state. We all experience stress. If you have no way to reduce that stress, you better be able to navigate through it effectively.

We all know that money is at the top of most people's list for what causes them stress. Unlike work and life, money and portfolios can be balanced.

Here are some tips from Raymond James Financial Advisors on how to reduce some of the money stresses in your life: