

Celebrating Women's Month

Women: The backbone of our society - and their own futures

As we celebrate the women in our lives - our mothers, partners, sisters, daughters, and friends, it's worth pausing to reflect on the incredible balancing act they perform daily. From nurturing families to building careers, women make things work. However, behind this strength lies a quieter challenge: **securing their financial future.**

Celebrating strength - planning for longevity

Women continue to lead longer, fuller lives - an inspiring testament to resilience, care, and community. According to the 2025 mid-year population estimates from Statistics South Africa, the average life expectancy for women is nearly 70 years. This longevity may be a gift, but it also calls for thoughtful financial planning to ensure comfort and independence throughout every stage of life.

Navigating unique financial journeys

Women often navigate complex life paths and balance careers, caregiving, and personal growth. Whether stepping away from work to raise children, support aging parents, or to pursue new passions, these transitions can impact long-term savings. However, with the right tools and support, every woman can build a future that reflects her strength and ambition.

Building a secure retirement: four empowering steps

1. Own your financial journey

Don't wait for someone else to take the lead. Whether single, divorced, married or widowed, women should manage their own finances. Taking control now lays the foundation for future stability.

2. Make your money work harder

It's never too late to start saving, or to boost what you've already saved. Younger women can afford to take more

investment risks, while older women may prefer more conservative investment options. The key is to start, and to remain consistent.

3. Invest in your future self

The two-pot retirement savings arrangement ensures that you keep a portion of your savings safe until retirement, no matter how your career evolves. It's a powerful step toward long-term financial freedom, especially for women navigating unique life journeys.

4. Share the wisdom

Financial empowerment is contagious. Share what you learn with your friends, colleagues, and children. Together, we can build a community of strong, financially savvy and well-balanced women.

Finally, wellness is wealth

Amid all this responsibility, it's essential to take a step back and care for your overall wellness. You don't have to be a superhero every day. Be realistic about what you can manage, and protect your routine: eat well, exercise, and maintain healthy sleep habits. Stay connected with loved ones, unplug from screens when you can, and make time for hobbies that fuel your spirit. And if you're struggling, rather reach out for support, whether from friends, professionals, or your company's Employee Assistance Programme, if available - do not suffer in silence.