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**I am a woman and I have thought about calling you but I am embarrassed that I am in my 50’s and know so little about finance.**

As women, many of us tend to feel insecure about our abilities, myself included. *Did you know that 85% of women handle their families’ day-to-day finances*?\* Chances are you know more than you think.

Insecurities lead women to frequently undersell their experience and capabilities. Many of us face pressure to always be performing at 100% which leads us to feel like imposters, or we may compare ourselves to others as we struggle with work-family life balance.

**March is International Women’s Month.** Here are a few things that may help you amplify your confidence.

1. **Create a supportive network.** Find a circle of female friends to confide in.
2. **See out those who will teach you about what you want to learn.**
3. **Take note of your wins.** Keep a list of your accomplishments.
4. **Make sure to include self-care.**
5. **Be honest about your challenges.** Sharing difficulties with your support network may make you feel less isolated and can lead to unexpected support.

Increasing your confidence can have a profound effect on so many areas in your life. There aren’t dumb questions, just questions you don’t have answers to….yet.

\*UBS Global Wealth Management, Investor Watch Report, 2019

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