[FEM]power
in Finance - skills to thrive

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Country

Cyprus

Introductions

I grew up in a family where money was managed simply but responsibly. My parents taught me the importance of saving and avoiding unnecessary expenses. These values shaped my approach to money management and helped me build financial discipline as an adult.

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My advice to other women is to stay informed, ask for help when needed, and trust themselves to take control of their finances.

Your Story

I started managing my own finances when I began working after university. I usually make financial decisions on my own, though I seek advice from my partner or a financial advisor for major matters. I feel confident handling everyday expenses and savings but less so when it comes to investments. Buying my first home was both a challenge and a valuable learning experience that taught me a lot about long-term planning and financial responsibility.

Describe the main financial challenges you have faced in life

The biggest challenge I faced was building confidence in managing my finances, especially in the beginning. Major life changes, such as starting a new job and caring for a family member, also influenced how I handled money and motivated me to become more organized. In some financial settings, I felt that my opinions weren't taken seriously as a woman, particularly by bank advisors, but I've learned to assert myself and trust my knowledge.

What Tools help you managing Personal Finance?

I create a basic financial plan each year, focused on budgeting, saving, and paying off my loan. I stay informed through online articles, podcasts, and financial seminars. These tools help me stay up to date and make informed decisions. I also maintain an emergency fund to handle unexpected expenses, which gives me peace of mind.

What helped you overcome those challenges?

Time, experience, and self-confidence have been key. Learning from my own experiences, seeking advice when needed, and applying practical strategies helped me overcome my initial hesitation. Support from my partner and the guidance of a financial advisor also gave me reassurance and direction during major financial decisions.

What interventions or support would have been useful?

Financial education workshops focusing on investment and retirement planning would have been extremely useful earlier in life. Mentorship programs that empower women to feel confident discussing financial matters could also help reduce the barriers of self-doubt and limited knowledge many women experience.

Top Tip

"Pay yourself first" — save before you spend. Start small, stay consistent, and never underestimate the importance of financial education and confidence in shaping your future.

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