

January 2023

7 habits of Zen investors



Tips to help you prosper in the face of volatility

Your investments are critical to financial freedom. They represent all your dreams and hard work, allow you to carry out your personal projects and are key to securing the future you want for you and your family.

Here are some tips to help you stay confident when markets are volatile.



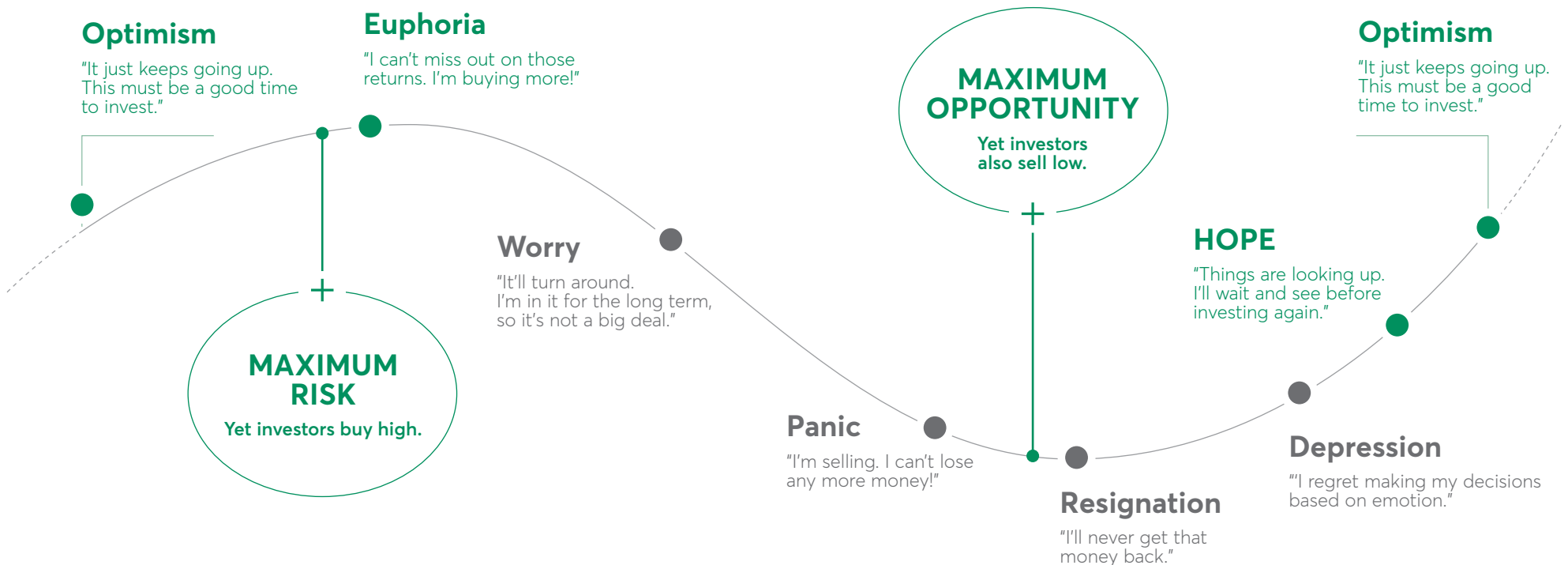
Tips for weathering market volatility

Control your emotions

Learning to control your emotions will help you reach your goals

It's normal to be nervous when markets are volatile. But left unchecked, emotions can lead to bad decisions. The curve below represents stock market fluctuations. It shows how most investors react as the market and the value of their growth stocks fluctuate.

CYCLE OF INVESTOR EMOTIONS



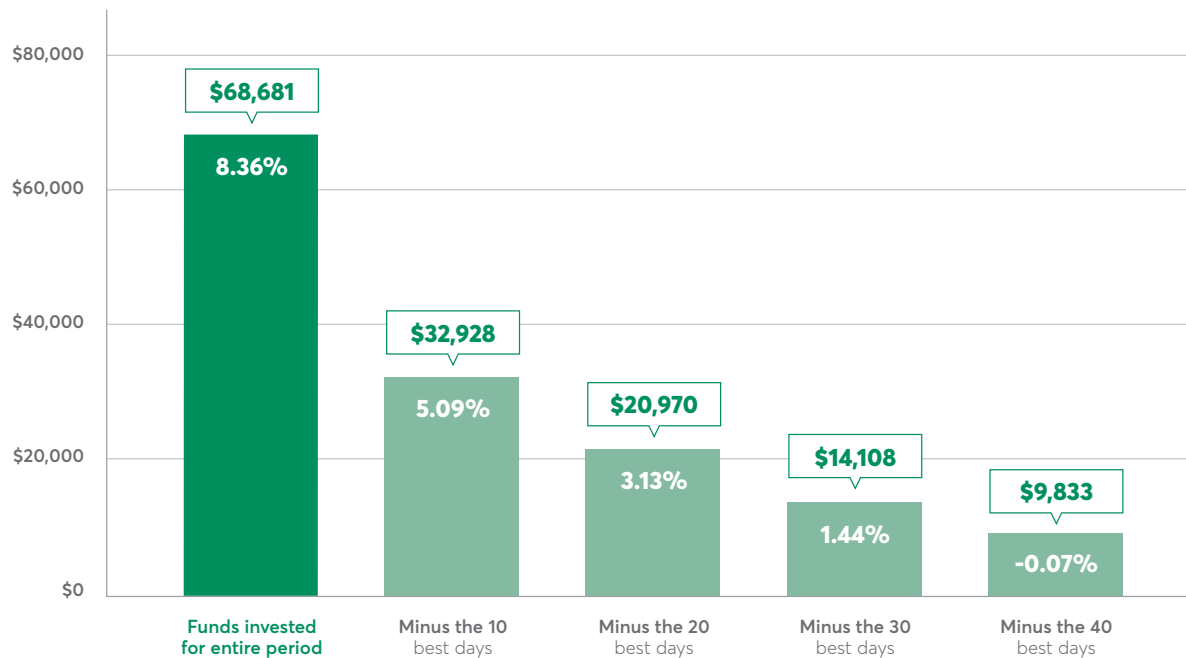
Tips for weathering market volatility

Stay invested

There are better days ahead

The biggest gains often follow market corrections.* Pulling your money out early can hurt the long-term performance of your investments. Don't miss the potential of the best days!

COMPOUND ANNUAL RETURNS



GROWTH OF A \$10,000 INVESTMENT

In Morningstar Canada GR CAD Index (Canadian stocks) from December 31, 1998 to December 31, 2022**

Example for illustration purposes only.

* Generally, a market correction is when stock markets drop by 10% or more.

** Source: Morningstar Direct data.

Tips for weathering market volatility

Invest regularly

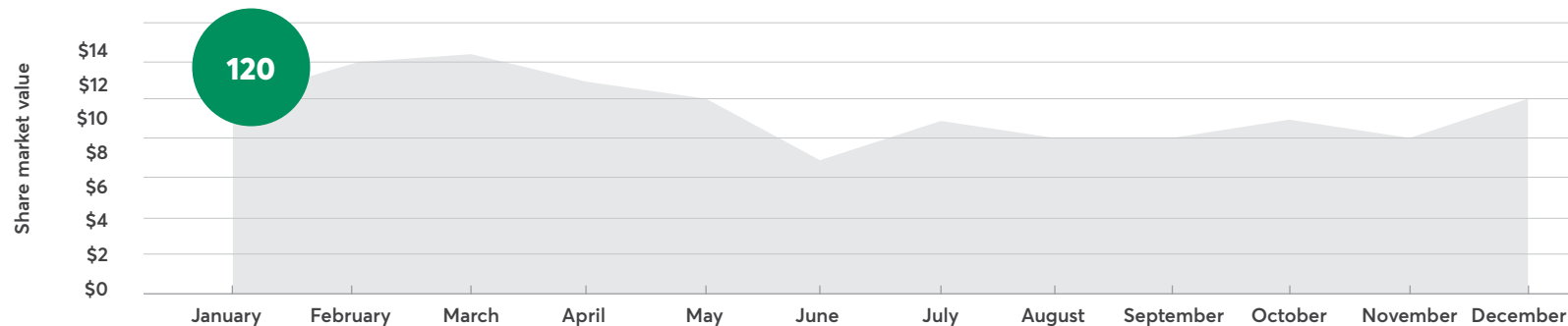
Capitalize on market opportunities

No one can predict the market. That's why it's best to invest regularly. Take advantage of market downturns and don't just buy when prices are high. With automatic investments, you'll have the best chance of getting the best average cost per share and capitalizing on market opportunities.

ANNUAL INVESTMENT 1 X \$1,200

ONE-TIME PURCHASE of 120 investment fund shares at \$10 each

● Number of shares purchased (Mock example)



Total shares
120

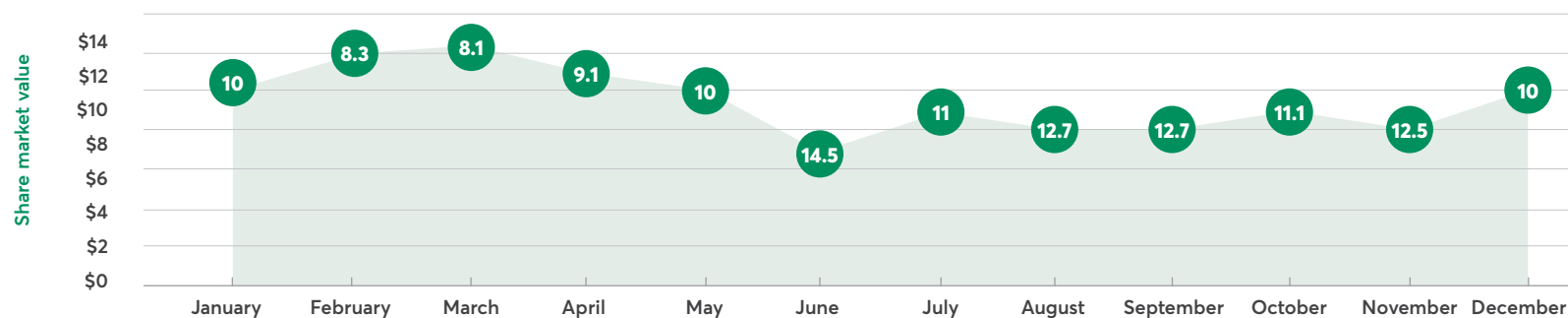
Investment value
\$1,200

Growth
0%

MONTHLY INVESTMENTS 12 X \$100

PURCHASES THROUGHOUT THE YEAR of a variable number of investment fund shares

● Number of shares purchased (Mock example)



Total shares
130

Investment value
\$1,300

Growth
8.33%

Example for illustration purposes only.

Tips for weathering market volatility

Diversify your portfolio

Past performance is no guarantee

It's important to diversify your investments. A portfolio with a variety of industries, management styles, countries and asset classes will have a higher return potential and be less vulnerable to volatility.

ASSET CLASS RETURN HISTORY*

2005 to 2022

	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Higher return ↑	31.61	35.56	18.22	7.31	56.09	18.09	10.16	17.04	42.06	23.02	20.85	21.52	27.04	3.50	24.59	18.78	24.72	-5.55
	25.54	26.72	10.86	6.57	52.53	17.47	6.47	15.93	35.48	13.98	20.76	16.95	17.85	1.26	22.58	16.68	24.71	-8.93
	13.09	21.58	4.79	-11.94	36.64	15.49	5.51	15.91	32.31	13.02	18.46	8.55	16.34	1.19	20.52	14.59	17.27	-10.37
	12.03	21.00	3.91	-21.24	25.12	14.36	4.10	15.57	32.16	10.43	18.09	7.49	15.30	-0.41	19.64	13.02	15.78	-11.23
	10.27	18.76	1.94	-27.11	16.53	10.70	0.86	14.58	12.88	10.22	6.08	7.12	13.49	-1.17	16.72	9.64	10.49	-11.48
	9.43	15.26	1.19	-28.20	13.83	9.00	-4.85	13.69	11.55	9.14	4.03	5.94	9.20	-3.15	13.65	8.66	8.27	-11.60
	7.23	11.38	-5.02	-29.29	12.18	8.73	-7.42	7.75	7.99	8.77	3.63	5.07	7.82	-4.72	13.20	7.18	5.12	-11.94
	3.85	9.44	-5.53	-33.37	9.08	6.81	-9.52	7.49	4.75	8.19	1.63	3.79	6.75	-5.34	12.56	5.79	-0.87	-11.96
	3.72	4.00	-7.99	-33.65	4.86	4.94	-9.71	6.38	0.73	4.13	-4.38	1.47	2.55	-5.94	7.28	5.60	-1.69	-12.83
Lower return ↓	1.74	2.54	-10.16	-42.21	3.69	4.24	-16.55	3.35	-1.67	3.15	-8.66	-1.97	2.42	-9.01	6.89	5.58	-2.79	-13.57

Asset classes

- Canadian bonds
- High-yield bonds
- Global bonds
- Canadian equity
- U.S. equity
- Global equity
- International equity
- Global small-cap equity
- Emerging markets equity
- Balanced portfolio

Index

- Morningstar Canada Core Bonds GR** CAD
- Morningstar US High Yield Bonds NR*** Hdg CAD
- Morningstar Global Core Bond GR** Hdg CAD
- Morningstar Canada GR** CAD
- Morningstar US Market GR** CAD
- Morningstar Global Markets GR** CAD
- Morningstar DM xNA GR** CAD
- Morningstar Global Markets SMID Cap GR** CAD
- Morningstar EM GR** CAD
- Morningstar Canada Neu Global Tgt Alloc NR*** CAD

*Source: <https://indexes.morningstar.com/our-indexes>

**GR: Gross Return

***NR: Net Return



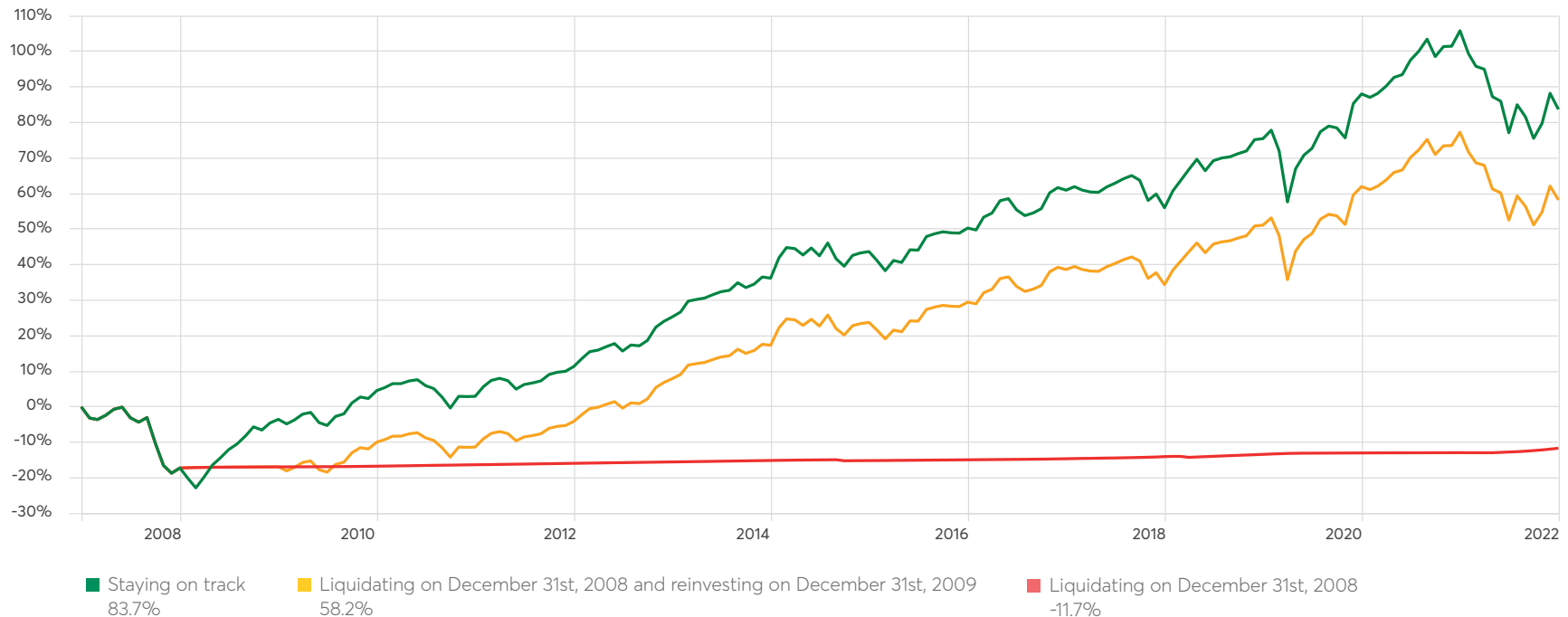
Tips for weathering market volatility

Stay on track

In periods of high volatility, you may be tempted to deviate from your long-term investment strategy by “parking” your money in so-called safer investments. However, the cost of this short-term solution can be very high if you miss out on a significant rebound.

Here are 3 long-term cumulative return scenarios for a balanced portfolio based on decisions made during a stock market crisis:

Time Period: 2008-01-01 to 2022-12-31



Balanced portfolio represented by the Morningstar Global Neutral Balanced Fund category average. Liquidated funds are placed into the Morningstar Money Market Fund category average. The Desjardins Funds are not guaranteed, their value fluctuates frequently and their past performance is not indicative of their future returns. The securities they issue are not covered by the Canada Deposit Insurance Corporation or by any other government deposit insurer. With the exception of the Desjardins Money Market Fund, all the rates of return indicated are the historical annual compounded total returns as of 2023-02-28. The rates of return indicated take into account the changes in security value and the reinvestment of all distributions but not the sales, redemption, distribution or optional charges or income taxes payable by any securityholder that would have reduced returns. There can be no assurances that the Desjardins Money Market Fund will be able to maintain its net asset value per security at a constant amount or that the full amount of your investment therein will be returned to you. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. The Desjardins Funds are offered by registered dealers.

Source: Morningstar Direct

Tips for weathering market volatility

Choose a trusted financial institution

Make sure you choose the right financial institution

It's natural to have reservations about entrusting your money to a financial institution, no matter how big it is. Recent financial scandals have shaken the trust of many investors.

ABOUT DESJARDINS FUNDS

Desjardins Funds are managed by Desjardins Investments Inc. (DII), one of the leading investment fund managers in Canada, with \$39.3 billion in assets under management.¹

Desjardins Investments offers a wide range of mutual funds and stands out for its innovative investment solutions that meet the varied and changing needs of Canadian investors. Recognized for its rigorous, credible and transparent approach, Desjardins Investments plays a leadership role in supporting and promoting responsible investment in Canada through the SocieTerra family of funds and portfolios.



1956

First investment fund
launched:
Desjardins Equity Fund



A PIONEER IN
**RESPONSIBLE
INVESTMENT**

1990*

Desjardins Environment Fund launched
in 1990, making Desjardins a pioneer
in responsible investment



2020

#1

among major Canadian
financial institutions
according to *The Banker*
magazine's 2019 ranking.²

¹ As of December 31, 2022

² Source: <https://www.thebanker.com/Top-1000-World-Banks/Top-1000-World-Banks-Desjardins-out-in-front-of-Canadian-field?ct=true>

* Source: <https://www.fondsdesjardins.com/funds/market-insight/responsible-investment/index.jsp>

Tips for weathering market volatility

Work with a professional

Seek the help of a professional

Talk to a professional to get expert, objective advice tailored to your financial situation. Studies¹ have shown that people who work with an advisor tend to be in better financial health.

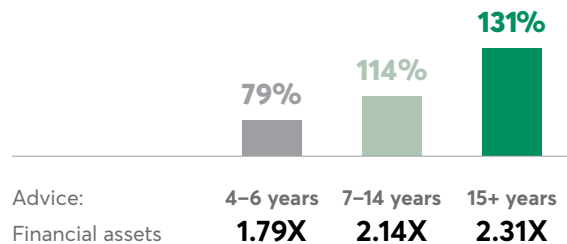
BENEFITS OF PROFESSIONAL ADVICE

1

Potentially higher net worth

Improve the likelihood of growing your wealth with the help of an advisor.

The earlier you start working with an advisor, the longer your assets have an opportunity to grow.¹



2

Better saving rates and habits

Getting advice from an advisor can help you **improve your saving habits** and **save twice as much¹** as households that manage their own finances.

Household saving rate¹

WITHOUT ADVICE **9.2%** WITH ADVICE **11.1%**

¹ Source: CIRANO, Project Report 2020



About Desjardins Group¹



Desjardins Group is the leading cooperative financial group in Canada and the sixth largest cooperative financial group in the world, with assets of \$404 billion.² It has been rated one of Canada's Top 100 Employers by Mediacorp. To meet the diverse needs of its members and clients, Desjardins offers a full range of products and services to individuals and businesses through its extensive distribution network, online platforms and subsidiaries across Canada. Ranked among the world's strongest banks according to *The Banker* magazine, Desjardins has one of the highest capital ratios and credit ratings in the industry.

¹ As of June 30, 2022.

² Quick facts about Desjardins, as of June 30, 2022.

desjardinsfunds.com



Desjardins Funds are not guaranteed. Their value fluctuates frequently and their past performance is not indicative of future returns. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Desjardins Funds are offered by registered brokers.

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