

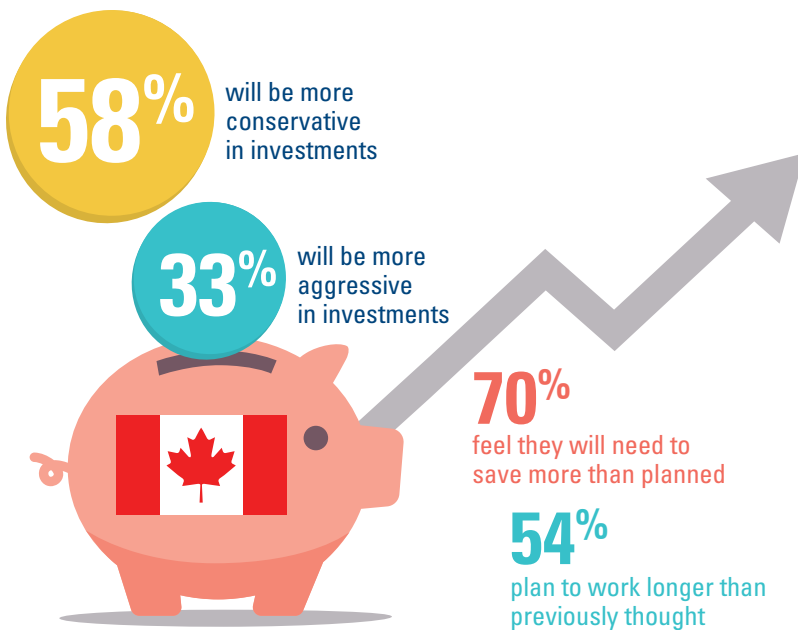
quick look retirement confidence

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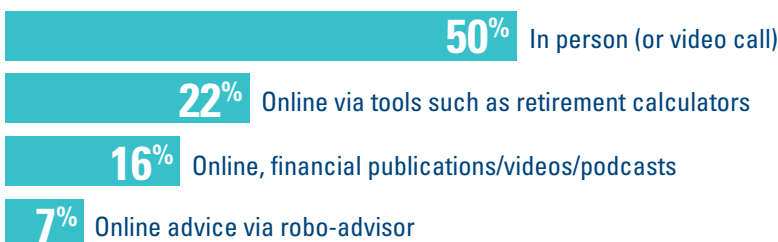
The recent surge in inflation has led almost 60% of participants in MFS Institutional Advisors, Inc.'s *Global Retirement Survey* to reconsider their retirement plans. This data, which reflects the experiences of Canadian survey participants over the past three years, underscores the significant impact of inflation on retirement planning. The record-high inflation has further exacerbated their anxiety and diminished their confidence in retirement, which could impact the workforce.

According to the *Global Retirement Survey*, respondents use a variety of sources for retirement advice, reflecting the varied needs and preferences of different generations. Millennials were more likely to turn to employers (44%) or family (35%) for advice, while 71% of Baby Boomers preferred to use a financial advisor or their plan provider (26%). This range of sources highlights the importance of tailoring retirement advice to individual needs and circumstances.

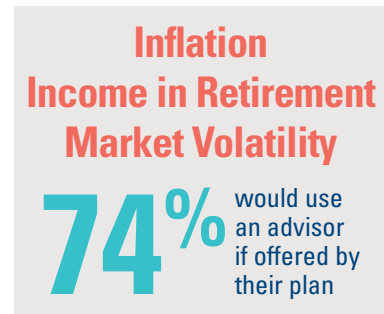
Impact of Inflation on Retirement and Investments



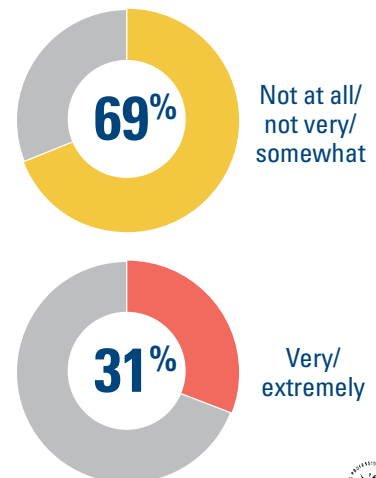
Preferences to Receive Retirement Saving and Planning Advice



Top Financial Concerns Regarding Retirement



Confidence in Retiring at Desired Age



Source: 2023 MFS® Global Retirement Survey, Canadian Results.

