



Avoiding broker burnout

Take some time to reflect after Stress Awareness Month

Did you know April was Stress Awareness Month? It was created in 1992 to raise awareness of stress, its symptoms, and its impact on your mental health.

It also encourages you to reflect on your working life. What's making you stressed? Are you feeling the weight of burnout? What are you doing to relax?

For 2024, the theme of Stress Awareness Month was #LittleByLittle. As in, small steps can lead to big changes. Rome wasn't built in a day, so starting small by identifying your triggers and coping mechanisms will help you try build a stress-free future.

[Read our full article here](#)



Self-Employed Cases Don't Have to Be Complex

The past few years have seen some growth in the number of self-employed people in the UK - there are now about 4.3 million of them. And while the self-employed work in all sectors at every income level, they all have one thing in common. They're more likely to encounter challenges when trying to obtain a mortgage.

With some lenders leaving the self-employed behind, brokers like you are in a great position to help deliver positive outcomes - and to benefit from some extra business.

Our latest Lending Lowdown article looks at how our experience with the self-employed market can help you make the most of the opportunities. Our article covers:

- how we've seen a 14.5% increase in self-employed applications in the last year alone
- what self-employed people think of the service they're getting from brokers
- how brokers can benefit from diversifying into the self-employed market
- real-life case studies, detailing how we've helped in some particularly tricky self-employed cases, often in quick time

With thousands of additional potential customers out there, overlooking the self-employed market could result in missed opportunities. And we're here to help you make the most of it.

[Read our full article here](#)



Economic Update – May 2024

We've teamed up with 4most Economic Consultants to provide you with a monthly economic update. Kicking off the year, the update for May is now available to download.

The update covers:

- Inflation and interest rates
- Labour market
- Housing market
- Rental market
- Mortgage market activity
- Rate analysis

[Read the update](#)