

## The power of dividends

How can they assist investors in expanding their portfolios?

Dividends have long been a vital part of the investment process. For many investors, dividends help minimise portfolio volatility, especially during uncertain markets, and they can indicate management's confidence in a company's financial health.

Besides stability, dividends can also considerably boost total returns through reinvestment, especially in portfolios focused on quality companies with sustainable payout ratios and a history of increasing distributions. Understanding how dividends function, what influences payout policies, and the trade-off between yield and growth can help investors make more informed decisions about building long-term wealth.

### WHAT ARE DIVIDENDS?

A dividend is a payment made by a company to its shareholders, usually sourced from its profits. For many investors, dividends are a key part of the total return they receive from holding shares, along with any capital gains from share price increases.

Companies that pay dividends are generally more established, with stable cash flows and a proven track record of profitability. Dividend policies vary among firms; some distribute profits quarterly, while others choose annual or semi-annual payments. These payments can also be made in the form of additional shares rather than cash, known as a stock dividend.

### WHY DIVIDENDS MATTER

Dividends reflect financial strength and stability. A company that regularly pays dividends demonstrates confidence in its ability to generate future profits. For investors, dividend income provides a predictable stream that purely growth-focused investments may lack.

Reinvesting dividends using the income received to buy more shares can greatly boost long-term returns through compounding. Over time, those reinvested payments can buy additional shares, generating even more dividends and creating a self-sustaining cycle of growth.

### ROLE OF DIVIDENDS IN TOTAL RETURNS

When evaluating investments, many investors focus solely on price fluctuations. However, dividends are a crucial factor in long-term market returns. Historically,

dividend-paying stocks have generally outperformed non-dividend payers over extended periods, offering a balance between growth and income.

For example, even when share prices remain static, dividends can provide a dependable stream of income, helping to cushion the effects of market volatility. They can also help counteract inflation, as many companies gradually increase payouts over time in line with profit growth.

### DIVIDEND YIELDS AND WHAT TO LOOK FOR

Dividend yield is an important measure that indicates annual dividend payments as a percentage of a stock's price. A higher yield can imply a generous payout, but it is vital not to concentrate solely on yield. An unusually high yield might suggest a falling share price or an unsustainable level of payouts.

Instead, focus on consistency. Companies with a history of stable or increasing dividends over many years, often called "dividend aristocrats," typically demonstrate disciplined management and robust business models. Checking payout ratios, which show the portion of earnings paid as dividends, can also help assess sustainability.

### BALANCING GROWTH AND INCOME

Dividend investing isn't just for retirees seeking income. It can be crucial in building wealth at any age. Younger investors can enhance their growth by reinvesting dividends. Those approaching or in retirement can rely on dividend income for a consistent cash flow, avoiding the need to sell assets in volatile markets.

In a diversified portfolio, dividend-paying shares can complement growth-oriented investments, bonds, and other assets. This balance allows investors to benefit from market growth while maintaining a level of defensive stability through regular income.

### LONG-TERM BENEFITS OF DIVIDEND INVESTING

The significance of dividends lies not just in income but also in discipline. Companies that pay dividends tend to operate more efficiently because they need to balance reinvestment requirements with the obligation to reward shareholders. Over time, this discipline can foster stronger, more resilient business models and, consequently, more consistent returns for investors.

A dividend-focused approach can be tailored to individual goals. Investors may choose funds that target high-dividend stocks, global dividend leaders, or those with a history of sustainable dividend growth. The key is to seek quality, consistency, and diversification rather than chasing the highest yield. ■

### ARE YOU INTERESTED IN DEVELOPING A DIVIDEND STRATEGY?

As with all investing, patience is vital. Dividend strategies work best when allowed to compound over years, not months. When reinvested, dividends can turn modest contributions into significant long-term wealth. To learn more, please contact us.

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