



## Episode 17: The Case for Auto Enrollment

In episode 17 of *Revamping Retirement*, Mike Webb discusses the statistical case for adopting auto enrollment, as well as how finding the sweet spot for default deferrals and auto escalation can help improve participants' retirement readiness.

### Reassurance Amid Market Uncertainty

While episode 17 of *Revamping Retirement* centers on the importance of automatic enrollment and smart plan design, host Mike Webb also takes the opportunity to address a pressing issue affecting retirement savers everywhere: the impact of market volatility in the wake of the COVID-19 pandemic.

As fear and uncertainty ripple through the markets, Webb offers a grounded perspective. Drawing on historical data and behavioral finance principles, he reminds listeners that downturns—while uncomfortable—are a normal part of the investing journey. Using the early 2020 market drop as a backdrop, he compares it to the 2007–2009 financial crisis and shares strategies to keep long-term savers focused on what really matters.

### Why the Stock Market Isn't the Whole Story

Webb walks listeners through a simple scenario to highlight a powerful insight: early-career investors are often more affected by their contribution behavior than by market performance. Even in a hypothetical situation where the market drops by 50% two years in a row, participants who continue making regular contributions can still see positive asset growth. Thanks to dollar-cost averaging and the long time horizon most savers have before retirement, market downturns can actually create buying opportunities that pay off down the road.



This approach not only reframes fear, but also empowers savers with a message they don't often hear: it's not about timing the market—it's about time in the market.

## A Role for Plan Sponsors and Advisors

In addition to reassuring participants, Webb also urges plan sponsors to reinforce these fundamentals. Automatic enrollment, default deferral rates, and auto-escalation features can nudge participants toward better long-term outcomes—especially during uncertain times. Encouragingly, these tools work best when paired with clear, human-centered communication that helps participants stay the course.

Ultimately, Webb's message is both strategic and empathetic: stay invested, keep contributing, and don't let short-term volatility derail a long-term plan. For plan sponsors and fiduciaries looking to guide participants through uncertain times, this episode offers a timely reminder that education, structure, and trust can go a long way.

---

### Legal Notice

This material is intended to be informational only and does not constitute legal, accounting, or tax advice. Please consult the appropriate legal, accounting, or tax advisor if you require such advice. The opinions expressed in this report are subject to change without notice. This material has been prepared or is distributed solely for informational purposes. It may not apply to all investors or all situations and is not a solicitation or an offer to buy any security or instrument or to participate in any trading strategy. The information and statistics in this report are from sources believed to be reliable but are not guaranteed by CAPTRUST Financial Advisors to be accurate or complete. All publication rights reserved. None of the material in this publication may be reproduced in any form without the express written permission of CAPTRUST: 919.870.6822.

© 2025 CAPTRUST Financial Advisors