



09.22.25 | INVESTMENT MANAGEMENT

Fed Rate Cut: What To Do Next (Video)

With the Fed’s long-sSpeculated 25 bps cut having just been announced, Grimes & Company’s Head of Financial Planning Emily Wood and Chief Equity Strategist Matt Morse joined the latest episode of Rise UP! to discuss the implications of this move with host Joe Duran. Noting it was the first cut of the year, Wood speculated that there may be additional moves as well: “Forward looking, we’re looking for two more 25 basis point cuts,” she remarked,

In addition to this topic, Wood and Morse also discussed the latest on AI valuations, interest rates and real estate, and much more (see the full chapter rundown below).

Watch the latest episode in its entirety here:

Additionally, below is a breakdown of all the themes and topics from this most recent episode, along with timestamps for easy browsing:

CHAPTERS:

1:51 – First Rate Cut of the Year! The Fed Cuts 25bps

10:28 – The AI Trade & Its Frothy Valuations Continue

15:54 – Interest Rates & Real Estate

20:48 – Debt Management as Borrowing Increases & Credit Scores Fall

22:22 – How Can I Invest and Pay Down Debt Simultaneously?

24:36 – When Do I Prioritize Debt Repayment vs Investing?

26:43 – How Do I Juggle Multiple Debts & Investing?

30:49 – What to Watch Next Week: PCE, GDP, & Fed Presidents’ Speeches

And in case you missed it, you can also watch previous Rise UP! episodes featuring contributors from Grimes & Company, including:

- Global Bond Yields Surge
- Will the AI Bubble Burst?
- 10-15% Market Correction Next?
- Record Stock Market Highs...But for How Long?
- It’s Now a Long-Term Buy the Dips Market
- War & Tariffs Knock at the Market’s Door
- Signs of a Slowdown?
- Progress on the Trade Front?
- Managing Your Portfolio in Times of Volatility
- Unpacking Tariff-Driven Volatility
- Perspective on the Incoming Tariffs
- The End of the Selling Isn’t Necessarily the Time to Buy

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