

• Learn & grow

7 Mistakes New Traders Make.

And how a dedicated account manager helps you avoid every single one.

- FOREWORD

Why we wrote this

Almost every new trader loses money in their first year. That isn't a marketing line — it's the consistent finding of regulators across Europe.

Regulators across Europe require brokers to publish the percentage of retail accounts that lose money. The number is rarely below 70%. The interesting part is that the reasons are remarkably consistent.

New traders rarely lose because the markets are unpredictable. They lose because of seven specific, repeating mistakes — the same seven mistakes, year after year, across every market and every account size.

This guide walks through each of them: what the mistake looks like, why it costs you money, and how working with a dedicated Omega Trade account manager is designed to help you avoid it. Our model is simple. You trade, you learn, and a real person guides you through both. No prior experience required — only a willingness to understand the logic behind every trade.

INSIDE THIS GUIDE

- The 7 most common mistakes, ranked by how much they cost.
- The real reason each one happens — beyond the surface explanation.
- How a dedicated account manager addresses each, in practice.
- A pre-trade checklist you can return to before every trade.

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• MISTAKE NO. 01

01 Trading without a plan

Most new traders open positions based on a tip, a YouTube clip, or a gut feeling. There's no defined entry, no exit, no risk-per-trade rule, and no journal. It feels like trading, but it's closer to gambling.

• WHY IT COSTS YOU

Without a written plan you have no way to know whether a loss came from a bad decision or a good decision with a bad outcome. You can't improve what you can't measure.

HOW WE HELP YOU AVOID IT

Your dedicated account manager helps you build a written trading plan from day one: the markets you'll focus on, the times you'll trade, the maximum percentage you'll risk per position, and the conditions that must be met before you open a trade. Every plan is reviewed and refined as you grow inside the Omega Trade ecosystem.

• MISTAKE NO. 02

02 Risking too much per trade

New traders often risk 10%, 20%, sometimes 50% of their account on a single position. One bad trade and the account is gone. Even with a good strategy, a position size that's too large turns a normal losing streak into a wipeout.

• WHY IT COSTS YOU

A trader who risks 20% per trade only needs five losers in a row to be effectively finished. At 1–2% per trade, the same five losses are a manageable drawdown.

HOW WE HELP YOU AVOID IT

Your account manager walks you through position sizing before you place a trade — showing you how to translate a stop-loss distance into a position size that fits your account and your risk tolerance, not the other way around.

• MISTAKE NO. 03

03 Revenge trading after a loss

You take a loss. Emotion takes over. You jump straight back in to 'get it back,' usually with a bigger size and a worse setup. The second trade is rarely better than the first.

• WHY IT COSTS YOU

Revenge trading is one of the fastest ways an account empties. It replaces a defined process with a feeling, and feelings don't have a stop-loss.

HOW WE HELP YOU AVOID IT

A second set of eyes makes a real difference here. Your account manager can flag the pattern when they see it, and our VOD library and live webinars cover the psychology of loss — how to step away, reset, and come back to the market with a clear head.

• MISTAKE NO. 04

04 Trading without a stop-loss

Hope is not a strategy. Many beginners hold losing trades and 'wait for it to come back.' Sometimes it does. Sometimes it doesn't, and a small loss becomes a catastrophic one.

• WHY IT COSTS YOU

A single uncapped loss can undo months of disciplined work. Markets can move further and faster than most new traders expect, especially around scheduled news events.

HOW WE HELP YOU AVOID IT

Every plan we help you build includes a defined stop-loss before the trade is opened. We treat the stop-loss as part of the entry — not an afterthought, not something to widen when the trade goes against you.

• MISTAKE NO. 05

05 Overtrading and overleveraging

More trades does not mean more profit. New traders often feel they need to be in the market constantly, and crank up leverage to make small moves feel meaningful. Both habits compound the same problem: too much exposure, too often.

• WHY IT COSTS YOU

High frequency plus high leverage equals high cost. Spread, slippage, and emotional fatigue all scale with how often you trade. The account dies of a thousand small cuts.

HOW WE HELP YOU AVOID IT

Omega Trade account tiers offer transparent leverage settings, and your account manager helps you choose a level that matches your experience — not the maximum the platform allows. We'd rather you take fewer, better trades than many marginal ones.

• MISTAKE NO. 06

06 Trading without understanding the logic

Copying a signal, mirroring a screenshot, or following a 'guru' without understanding why the trade exists. When it works, you don't know why. When it stops working, you have nothing to fall back on.

• WHY IT COSTS YOU

You can't adapt to changing markets if you don't understand the mechanics underneath. Every strategy stops working eventually — only traders who understand the logic can adjust.

HOW WE HELP YOU AVOID IT

You don't need years of experience to start, but you do need to understand the logic behind every trade you take. Our Trading Academy, live webinars, and VOD Advanced library are built around exactly that: the why, not just the what.

• MISTAKE NO. 07

07 Trying to learn alone

The internet is full of free trading content. Most of it contradicts itself, and almost none of it is tailored to your account size, your time zone, or your risk tolerance. Self-taught traders spend years repeating the same mistakes in isolation.

• WHY IT COSTS YOU

Time is the most expensive thing a new trader loses. Years spent learning the hard way is years of compounding you don't get back.

HOW WE HELP YOU AVOID IT

This is the core of what Omega Trade does. Every client is paired with a dedicated account manager whose role is guidance and education — walking you through your trades, your plan, and the logic behind market moves. Our success is tied to yours.

• CHAPTER 08

Your pre-trade checklist

Run through these eight questions before every trade. If any answer is unclear, pause.

- 1. Do I have a written plan for this trade?**
Entry, exit, stop-loss, and the reason I'm taking it — all defined before I open the position.
- 2. Am I risking 2% or less of my account?**
If a loss on this single trade would shake me, the position size is too large.
- 3. Where exactly is my stop-loss?**
Not a vague level — a specific price, set before the trade is opened.
- 4. Do I understand the logic, not just the signal?**
Can I explain in one sentence why this trade should work?
- 5. Am I trading the plan, or chasing a loss?**
If the last trade was a loser, am I taking this one because it's a good setup — or because I want revenge?
- 6. Is this a fresh decision, or autopilot?**
Overtrading creeps in when you stop deciding and start clicking.
- 7. Is my leverage appropriate for this setup?**
The maximum leverage available is not the leverage you should use.
- 8. Would my account manager nod, or raise an eyebrow?**
If you'd hesitate to explain this trade to a second pair of eyes, that's information.

• CHAPTER 09

Where to go from here

If you've read this far, you already know more than most new traders ever will.

Most new traders learn these seven mistakes the slow, expensive way — one losing trade at a time. You don't have to.

At Omega Trade, every client is introduced to a dedicated account manager whose role is to guide you through your trades, build your plan with you, and make sure you understand the logic behind every decision. No prior experience is required — only the willingness to learn.

Our model is simple. We succeed when our clients succeed. Your account manager is a real person, reachable when you need them, and our education stack — the Trading Academy, live webinars, and VOD Advanced — is built around the same principle as this guide. Understand the why, manage the risk, follow the plan.

READY TO START?

Your introduction to Omega Trade begins with a no-pressure conversation with your account manager. We'll walk you through how the platform works, answer your questions, and help you decide whether this is the right fit for you.

Visit omega-trade.com

IMPORTANT RISK DISCLOSURE

Trading derivatives, CFDs, forex and other leveraged products carries a high level of risk and may result in the loss of all of your invested capital. These products may not be suitable for all investors. You should carefully consider whether trading is appropriate for you in light of your experience, objectives, financial resources and other relevant circumstances. Past performance is not indicative of future results. This document is educational material only and does not constitute investment advice, a recommendation, or an offer to buy or sell any financial instrument. Seek independent advice if you are unsure.