„Get your voice heard during meetings“

Swiss Actuarial Association Women’s group
Friday, August 31\textsuperscript{st} 2018
Dare to jump
Dare to jump

Relationship

....or....
Dare to jump

Preferences

Apple  Orange  Banana

Relationship

....or....
Dare to jump

....or....

Preferences

Impact of your thoughts

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Dare to jump
Dare to jump

“What is the worst thing that could happen?”
Relationship...
or....
How do we see each other?
As friends or enemies?

How can I make the other one understood that I’m his friend?

......or....

Relationship
Preferences
Preferences

What style has the other one got?

Make it easy to the other one to be able to listen to you
Impact of your thoughts
Impact of your thoughts / emotions
Assumptions, fantasies, past experiences
Constructive? Destructive?
Influence by “how it used to be”
Impact on your energy level

Just take your place!
„Get your voice heard during meetings“

Summery
1. Just do it and see what works

2. Establish a good relationship

3. Make it easy to listen to you

4. Let go believes, assumptions
„Get your voice heard during meetings“

Of course!!!

Thank you!