



„Get your voice heard during meetings“

**Swiss Actuarial Association Women's group
Friday, August 31st 2018**



Dare to jump

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Dare to jump



....Or....



Relationship



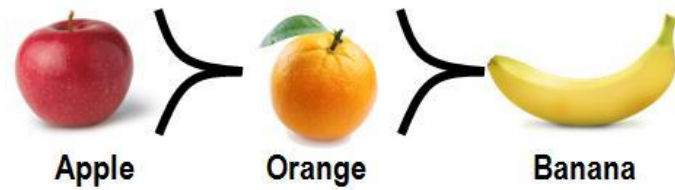
Dare to jump



....Or....



Relationship



Preferences



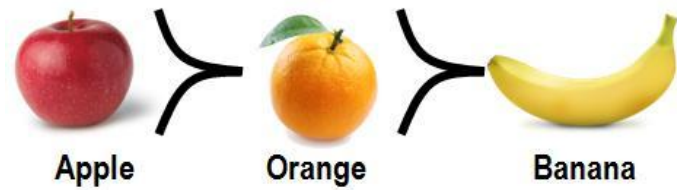
Dare to jump



....Or....



Relationship



Preferences



Impact of your thoughts



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Dare to jump

**“What is the worst thing that
could happen?”**

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....Or....



Relationship



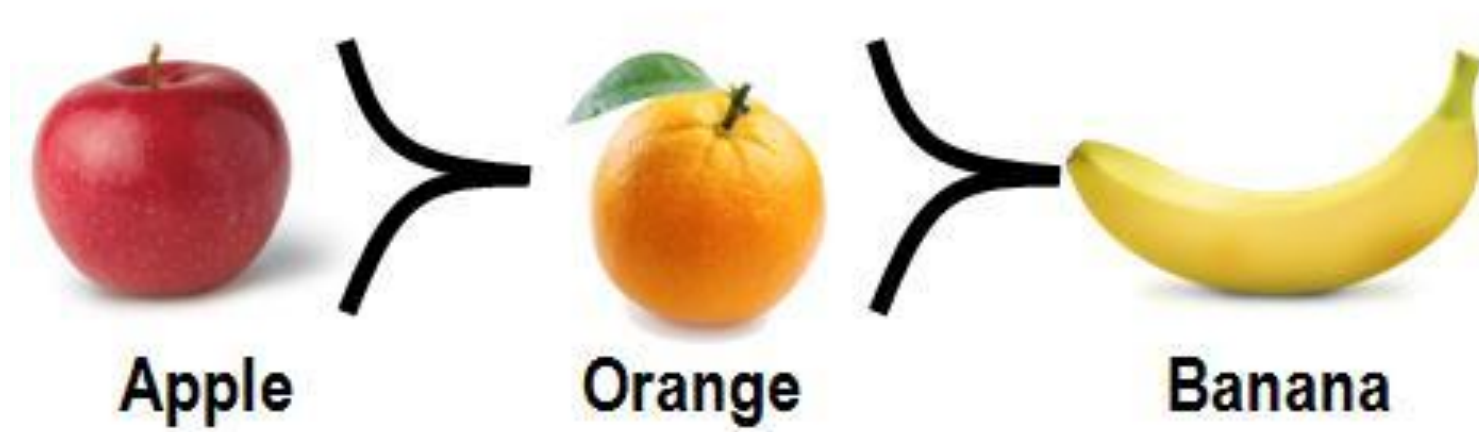
....Or....

How do we see each other?
As friends or enemies ?

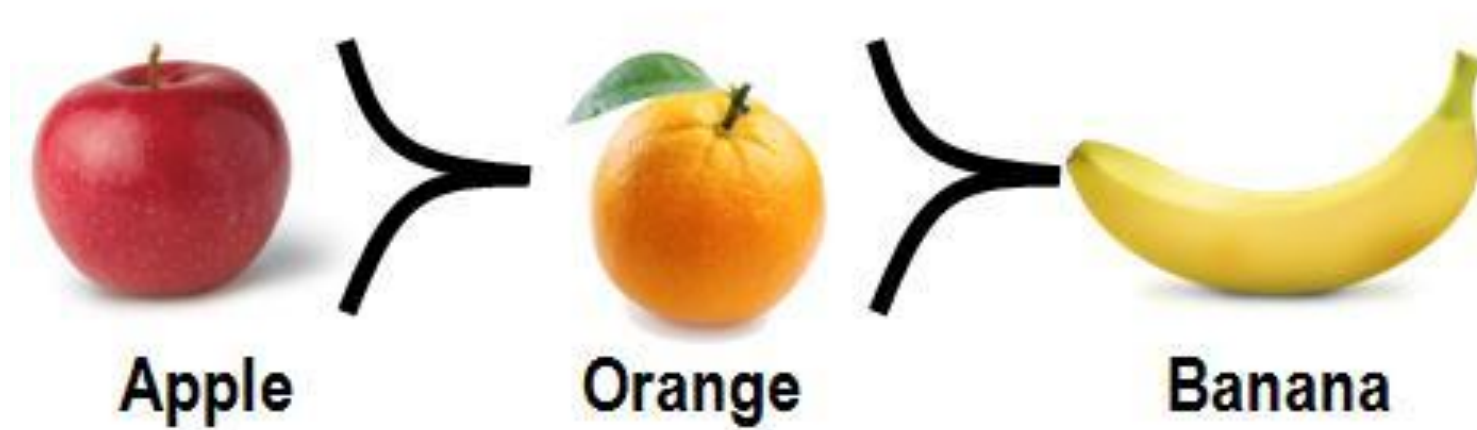


How can I make the other one understood that I'm his friend ?

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

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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!



4you

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Summery



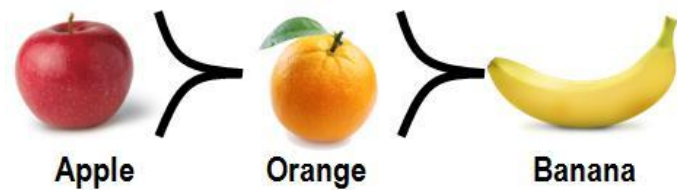
....Or....



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!**

