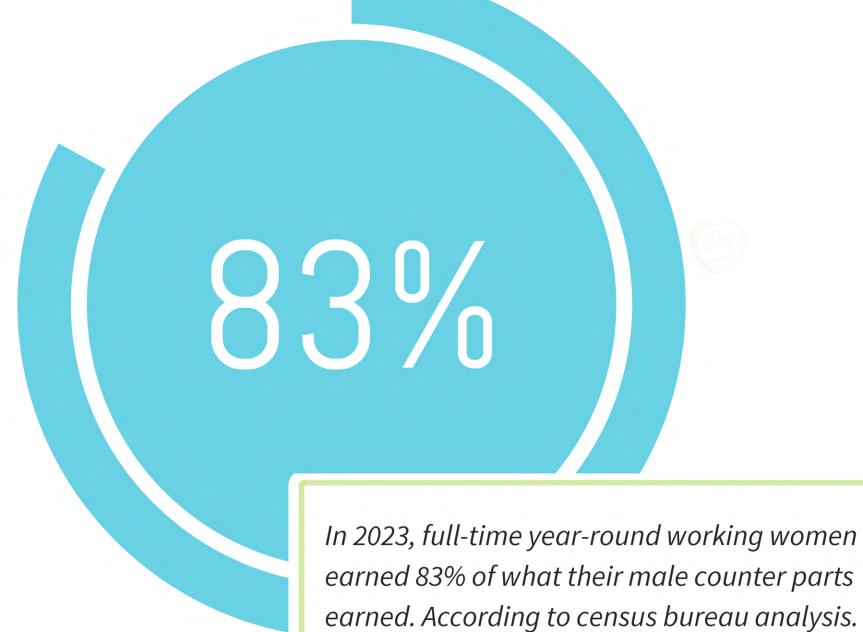


The Gender Pay Gap





Occupational Segregation

Women are often overrepresented in lowerpaying occupations.

The English language often embeds subtle biases that inadvertently highlights a women's presence.

*Source: Invisible Women

Career interruptions

Women are more likely to experience career interruptions for family, caregiving responsibilities which impacts their long-term earnings.

Discrimination

Unconscious biases and systematic barriers can lead to unequal pay for similar work.



Assessing Your Value

1 Skills



Emphasize advance expertise or relevant certifications.

Highlight proficiencies, leadership and problem-solving abilities which contribute to organization success

2 Experience



Detail consistent achievement of performance goals and showcase adaptability to new challenges and responsibilities.

Unique Contributions



Showcase initiatives that led to process improvements, cost savings, or revenue growth.

Illustrate significant contributions or innovations towards organizational success.

Career Journaling

Reflect on your professional life

Record thoughts, experiences, goals and progress related to your career. This helps identify growth opportunities, and making informed career decisions.



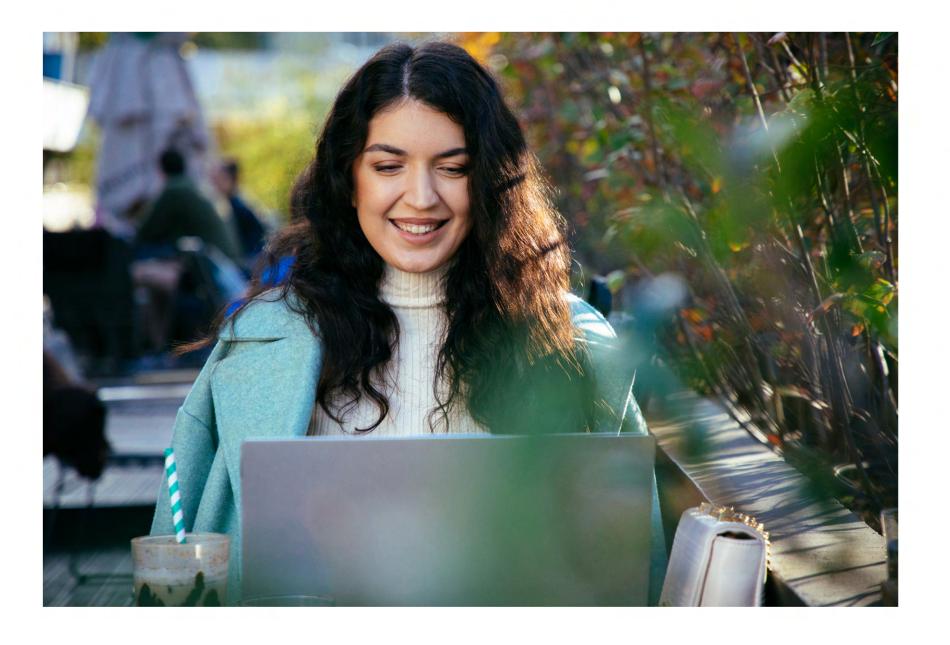


Prompts

- What went well today?
- What could I have improved upon?
- Did anyone compliment my work today?
- How did I support a teammate or project today?

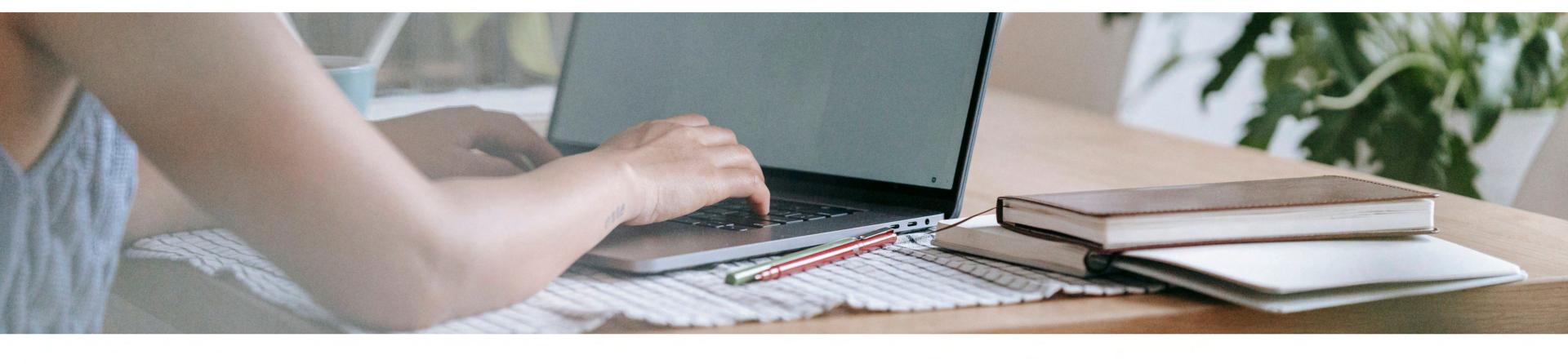
ShiftingYour Mindset

Negotiation is a conversation not a confrontation



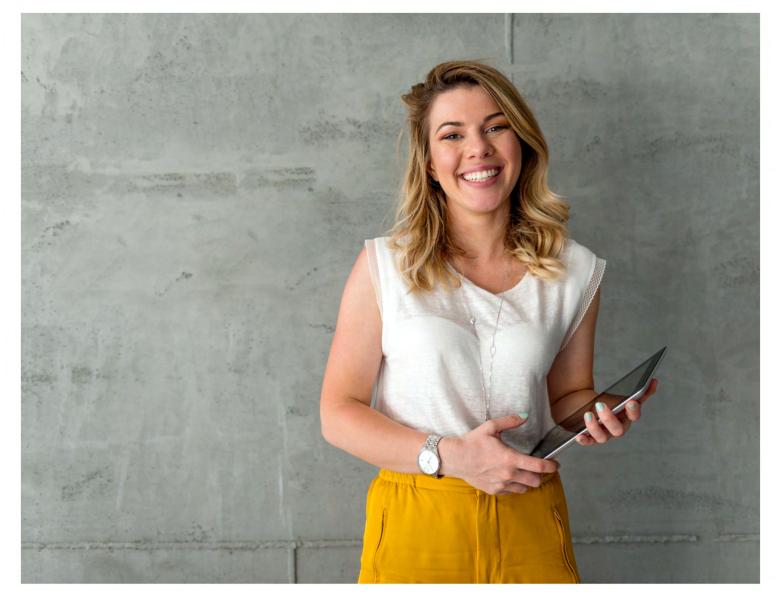
Negotiation highlights the importance of open communication, mutual understanding, and problem-solving instead of aggression or adversarial tactics.

Goal is to find common ground and reach a solution that benefits all parties.



Negotiation is a conversation not a confrontation

Negotiation should be a collaborative discussion rather than a conflict. Highlight the importance of open communication, mutual understanding, and problem-solving. The goal is to find common ground to reach a solution that benefits all parties.





Impostor Syndrome

- As women we often diminish our contributions
- Many jobs are written to intimidate us

Fear of Rejection

- The worst that can happen is receiving a "no"
- A no today is not a no forever.

Self-Doubt

- Learning to speak positively to ourselves
- Affirmations

Compensation Considerations

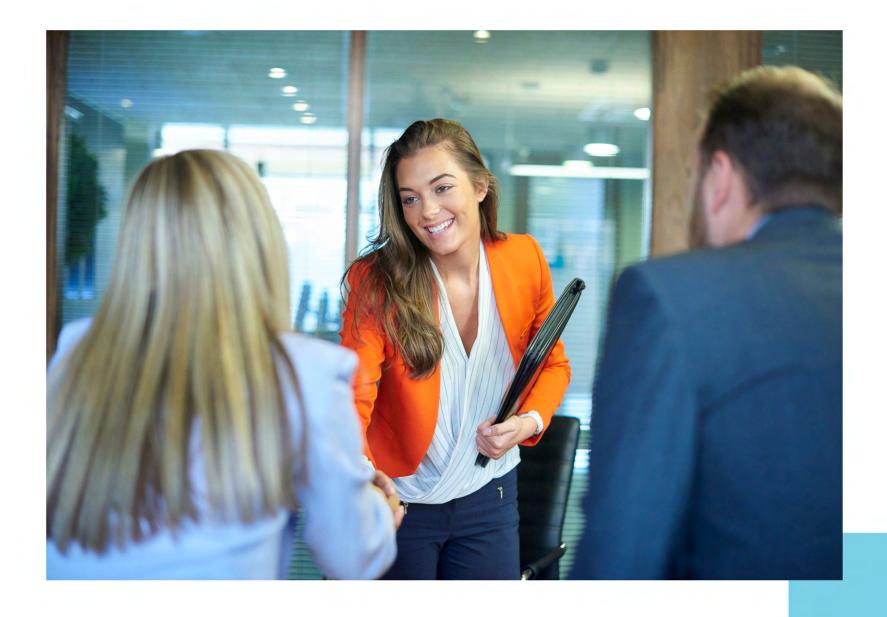


When thinking about salary negotiations, consider your total compensation.

- Retirement plans
- Disability and life insurance
- Childcare benefits
- Paid family or medical leave
- Employee assistance programs (EPA)
- Bonuses
- Profit sharing
- Tuition reimbursement
- Paid time off
- Wellness programs

A Confidant Salary Request

Speak with assurance but remain open to discussion.





Negotiating a Pay Raise

Research shows my position in my area earns:

\$_____- \$____ Average: \$_____

My company has published a range for my

position of: \$_____ - \$____ (if any)

Average negotiated salary requests in the U.S. are 10-20%. Would a raise in that range fall within your company's

published range? Does it align with your research? Consider

and determine your negotiation range and write it here:

My negotiation range: \$_

Is it the right time? If you can check at least two of th	e haves find a good time to schedule a meeting
☐ I consistently exceeded my goals that have d	
☐ I have taken on new responsibilities outside	
☐ My company has recently reported above av	erage earnings.
Sample email	
Subject line: Meeting Request	
Good morning	ompensation. Ask for no more than 30 minutes of their time
Prepare for your meeting	
KNOW YOUR NUMBERS	KNOW YOUR WORTH
My current salary: \$	☐ Create or consult your "smile file" of recent
How long in this position/pay:	professional accomplishments.

alternatives to pay such as flex time, paid time off/vacation days, stock options, remote working opportunities.

Review your job description and compare

your current responsibilities.

☐ Decide if you're prepared to discuss

Outline your points.

NEGOTIATING A RAISE 1

Maximizing Your Salary Increase

Secure and Confirm

Document new salary and benefits in writing to ensure clarity.

Appreciation and Deliver Results

Remember to thank your employer and continue proving your value.

Plan for Growth

Make the most of your salary increase with savings and investments. Set goals for your future career advancement.







Avoid Lifestyle Creep

Lifestyle creep is the common pattern of spending more money as you earn more money.

of Americans are living paycheck to paycheck

Things to Consider

- Live within your means
- Limit the growth of your expenses
- Set financial goals
- Remember your values





Thank you!

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Learn more at vacu.org/learn



Thank You!

Please Scan to Provide Feedback

