

NPDC21 National Postdoc Conference 2021

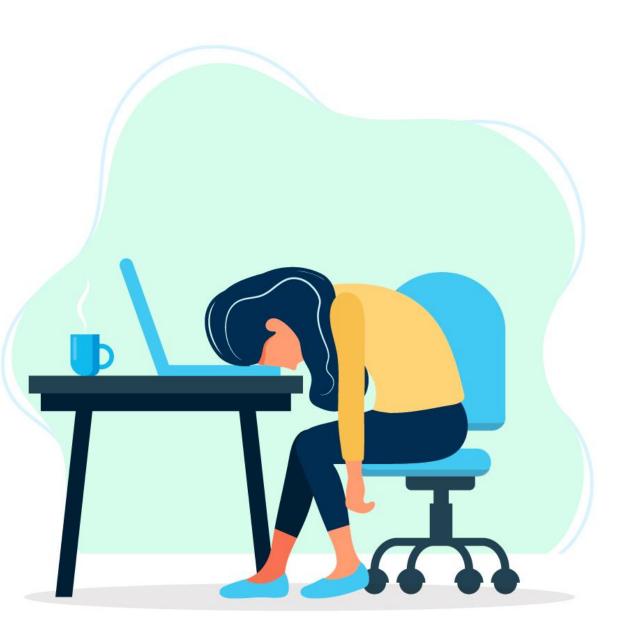
How to have a tricky conversation with your manager

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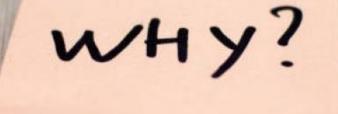
How are you arriving?



Where are we heading?

What makes a tricky conversation tricky?Getting yourself readySome useful things to considerTwo techniques to try

When it comes to tricky conversations, generally what is the real challenge for you? When it comes to tricky conversations with your manager what is the real challenge for you? What might you want a conversation about?



Conversation topics

Feedback on your performance Clarifying your job role Asking for a pay increase Problem with a colleague relationship Request budget for resource

Time off for a personal matter

Asking for a reference after a job interview

Have your say...



"When it comes to someone more senior we perceive the stakes are higher!"



Getting yourself ready



Begin with the end in mind





What do you want to say?



Right time Right place



Right environment



Communication styles

Communicate by Colour

Red

Get straight to the point Be punctual Be positive and enthusiastic

Green

Allow time to make them feel comfortable Ask questions rather than tell Be friendly

Blue

Yellow

Give advance notice Speak in a calm, measured way Like details

Indulge in light hearted chat Positive and enthusiastic Have informal manner





The 3 Chair Technique



Getting started... Conversation flow

Top tips

Tell them what you want them to do

Get to the point

Remove any emotional words

Don't make it personal – use "|"

Be prepared for a curveball

Ask them for their thoughts

Mental Rehearsal

What was most useful for you today...write it down!









Question Time



Thank you...

Let's connect...



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