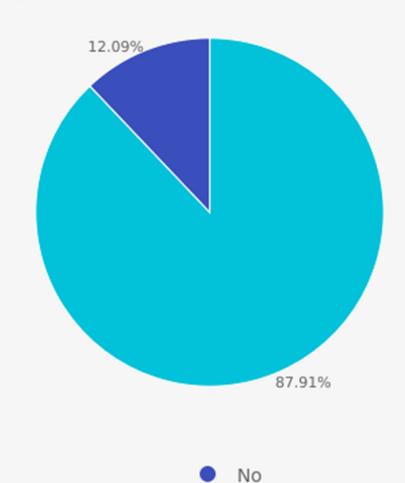
Do you have a close friend or loved one whose job situation concerns you?

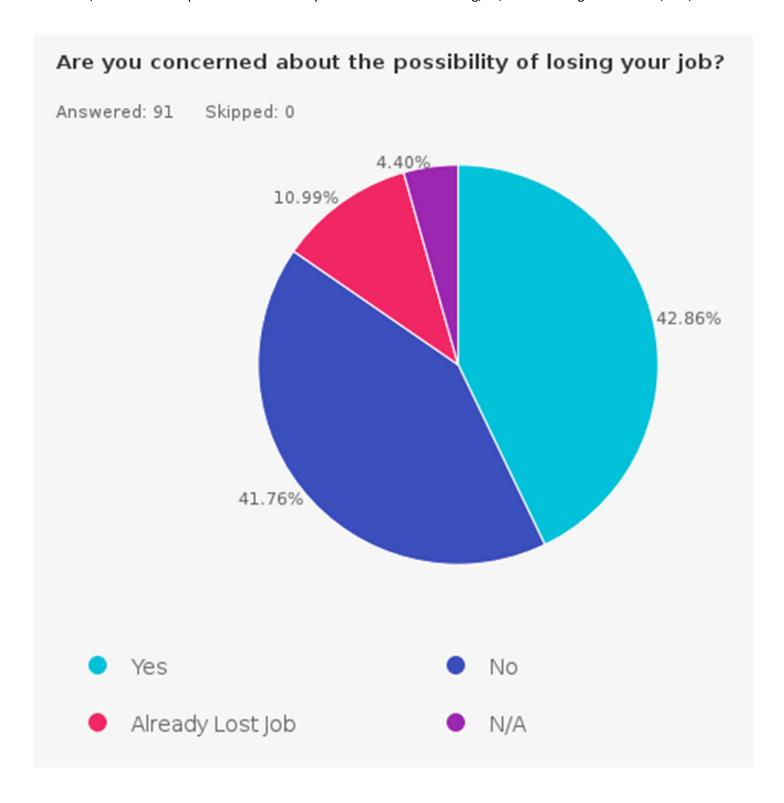
Answered: 91 Skipped: 0



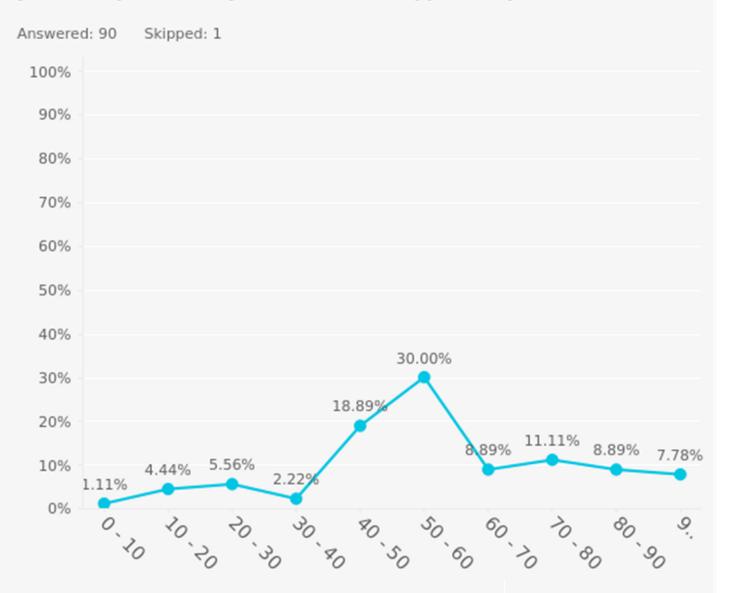
Choices	Response percent	Response count
Yes	87.91%	80
No	12.09%	11



Yes



How confident are you in your ability to sell or market yourself into your next promotion, job, and/or client opportunity?



Any additional comments?

- 1. It's been almost 8 months, I've lost the confidence I had.
- 2. Haven't had to personally in a while at least job wise.
- 3. I can't figure out my brand!
- 4. People can always benefit from more training
- Position myself for a change of industries
- 6. I'm confident in my ability to sell the executive team my worth and my value in a promoted role, however I'm not confident that the landscape and timing will be in-line and ultimately will be asked to wait or hold on further.
- **7.** I struggle with being able to ask for time to digest and come back with a response.
- 8. Grateful and always want to be ready for change



How well do you negotiate for yourself professionally and/or at work?

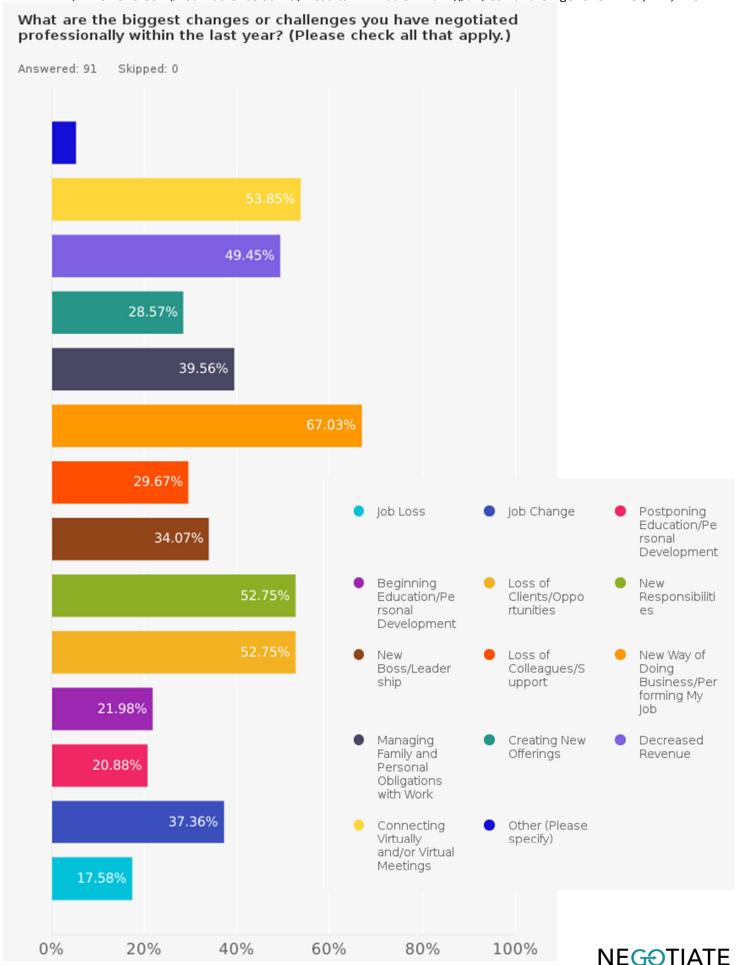




Any additional comments?

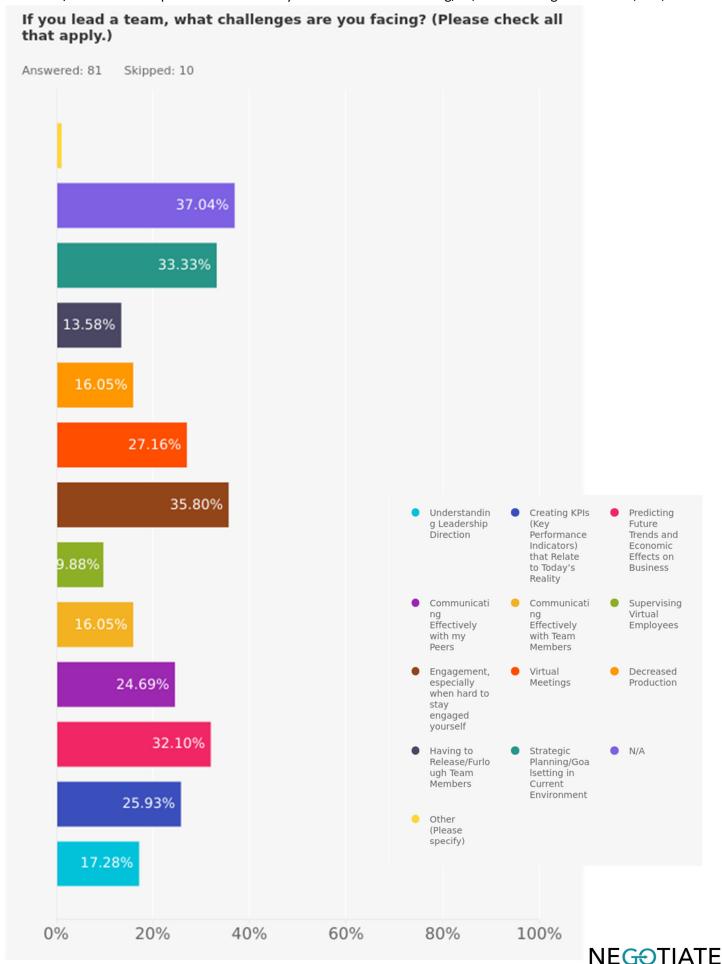
- Currently feel grateful to be working and always feel challenged to ask for what I feel I deserve or have proven to be worth
- 2. I just need someone to talk to me.
- Love negotiating
- I tend to shy away from identifying my skills and/or accolades. I struggle with the 'why'.
- 5. Perception of being a woman versus a man has been brought up in the past and holds me back.
- I'm worried asking for more will make me seem needy and a target for the next round of layoffs





LINDA SWINDLING, JD, CSP

What are the biggest changes or challenges you have negotiated personally within the last year? (Please check all that apply.) Answered: 91 Skipped: 0 Other (Please specify) 1. Loss of income 2. Coworking from home with spouse 3. Conflict over election, intensity high. 4. Bussiness Operation 5. New puppy 6. Unfocused to Dinah task for me 7. New job that doesn't help me professionally 12.09% 62.64% 56.04% 23.08% Personal Family Health Dealing with Health Parent/Loved 20.88% Ones in Your Home Dealing with Homeschooli Family Parent/Loved ng member out 31.87% Ones not in of work Your Home Working from Lack of Family Conflict/Divor home external ce/etc. activities/gym /vacation Other (Please N/A 25.27% specify) 32.97% 0% 20% 40% 60% 80% 100%



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