

## **SETTING THE CONTEXT**

- As an agent or as a principal?
- In a formal situation or in an informal situation?
- Which is the best approach to take?
  - ✓ Distributive bargaining
  - ✓ Mutual gains



3

3

## **DEMYSTIFYING NEGOTIATION**

- Negotiation is situational no absolutes.
- Authenticity is key.
- Not just about the issues, people matter too!



# **EMOTIONS MATTER**

- Manage your own emotions
- Influence the other party's emotions
- Be aware of emotions and adjust accordingly



5

## THINGS WOMEN SHOULD NEGOTIATE FOR

- Feedback
- Access to informal networks
- Stretch assignments
- Resources
- Credit for accomplishments
- A voice at the table
- Strategic introductions
- Sponsorship
- Compensation!



# WAYS WE CAN GET IN OUR OWN WAY

- 1. Bargaining ourselves down
- 2. "Avoiding" difficult people
- 3. Thinking we can pick up the slack
- 4. Allowing ourselves to be blindsided
- 5. Failing to recognize opportunities to negotiate



7

/

### WAYS TO GET OUT OF YOUR OWN WAY

- Think of situations where you have been successful (priming)
- Think of others
- "Power Pose" (Amy Cuddy)



## THE NEGOTIATION FRAMEWORK

- 1. Do your homework
- 2. Set your goals
- 3. Take stock
- 4. Consider BATNAs
- 5. Appreciate their situation
- 6. Create proposals
- 7. Anticipate challenges



9

9

## **UNDERSTANDING BATNA**

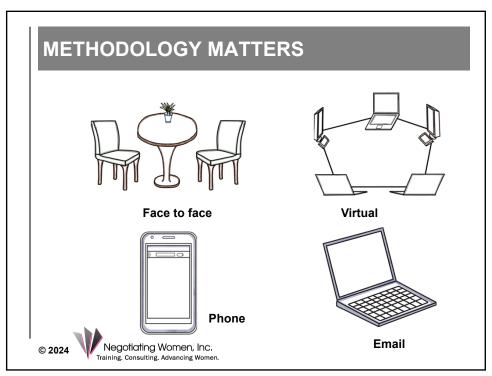
- What is a BATNA?
  - Best Alternative To A Negotiated Agreement?
- How can I improve my BATNA?
- What do I know about their alternatives?



# PROCESS MATTERS

- Who?
- When?
- Where?
- How?





## IF THINGS GO SOUTH...

- Interrupt the Move Stop the action
- Question the Move Let them explain
- Divert the MoveFocus on the problem
- Name the Move
  Make it clear you know it is a tactic



13

13

### **OBJECTIVES**

- Apply negotiation principles to real situation.
- Practice being able to effectively advocate for your own interests.
- Practice creating a context where both parties can do collaborative problem solving/resolve conflict even in difficult situations.
- Get feedback.



## **ACTION PLANNING**

- What will you do as a result of this session?
- How will you know when you are successful?
- How will you hold yourself accountable?



15

15

### YOUR SELF-ASSESSMENT

- What are your strengths?
  - Why are these useful? (Link specific behaviors to benefits to you and others)
- What can you do to reinforce these strengths?
- What are your vulnerabilities?
  - Why are these problematic? (Link specific behaviors to risks to you and others)
- What can you do to shore up your vulnerabilities?



# STAY IN TOUCH!

- www.negotiatingwomen.com
- In https://www.linkedin.com/in/carolfrohlinger

