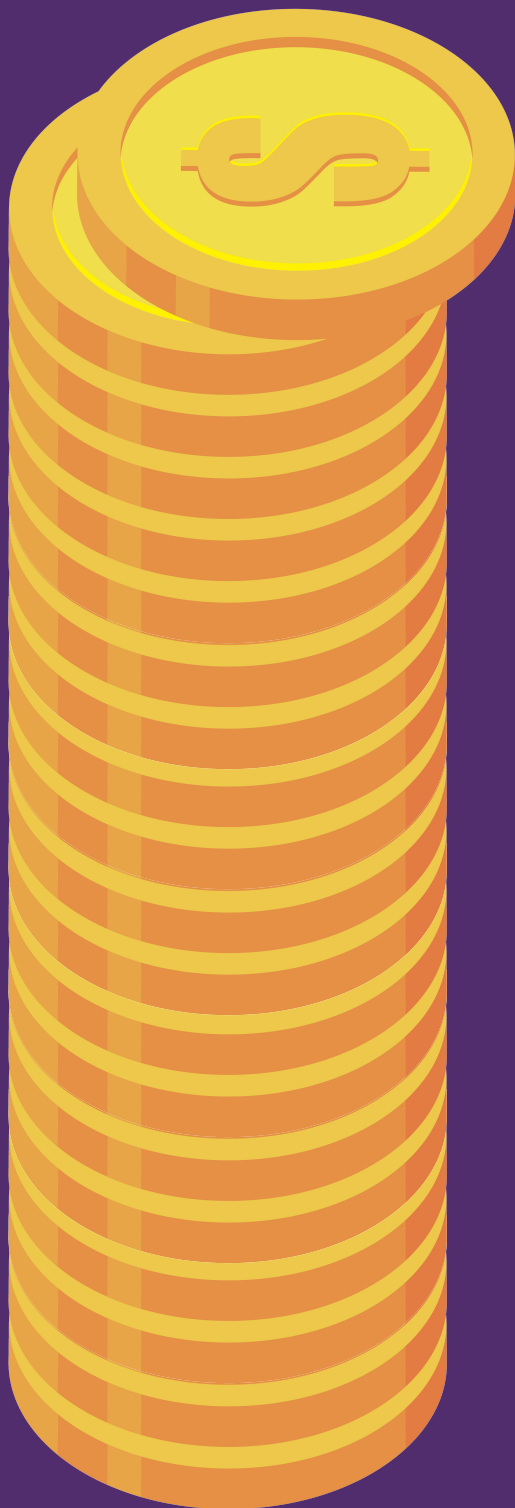


# 5

# TIPS FOR SALARY NEGOTIATION



**VERMONT  
FEDERAL**  
CREDIT UNION



## 1. Know Your Worth

Research salary expectations for your job and expertise in your region.

## 2. Show Your Value

Highlight your achievements and explain measurable results of your contributions.

## 3. Practice Your Ask

Rehearse confidently and keep your requests professional.

## 4. Think Beyond Salary

You can negotiate benefits, bonuses, or flexibility in addition to salary.

## 5. Keep Emotions In Check

Stay calm and professional, even if the answer isn't what you hoped.