



Confidence at Work: How to Ask for a Raise

If there's one thing in life that can make us uneasy, it's asking a boss for the money we deserve. To get your mind in the right place, visualize the day and follow a few of these simple steps.

- 1 It should start with your usual routine and all the things you do to feel your best, including showering with **Summer's Eve® Feminine Wash** or throwing a packet of **Summer's Eve® Feminine Cleansing Cloths** into your bag for a quick freshness pick-me-up during the day.

- 2 Just as important: Be sure to eat a healthy breakfast.

- 3 Leave early. You don't want to be late on a day when someone will be thinking about your performance.

- 4 Go over your calendar from the past year, look through old files and emails. Jot down a list of all your important contributions and accomplishments.

- 5 Bring quotes from higher-ups to the meeting, such as, "Great job on the XXX project! You made me look good."

- 6 Don't be afraid of silence. Effective negotiation requires using strategic pauses. These valuable moments allow your points to resonate and give you time to gather your thoughts.

- 7 Don't let the conversation stray or get personal.

- 8 Focus on the things you've done to improve the bottom line. Today, it's about your worth to the company.



Feel Your Most Confident Every Day

Whether you're at work or at play, staying fresh isn't always simple. Designed for daily use, **Summer's Eve® Feminine Wash** and **Feminine Cleansing Cloths** help you feel clean and confident from the beginning of your day to the end.

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