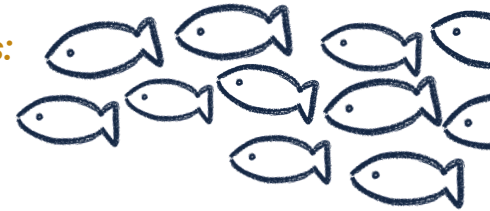


TOP TIPS FOR SPEAKING UP IN A MEETING

You've been invited to a meeting, but you are unsure if you want to go - it means time away from the sea and money lost. Our advice? If you can afford time away from fishing, you should try and attend. Being invited to a meeting is an important step, it means someone wants to hear your opinion, and it's an opportunity to build networks.

Here are a few hacks to help you speak up and be heard in meetings:



BEFORE THE MEETING

Have a look through the agenda prior to the meeting as it will give some indication to what will be discussed. Write down a couple of points you would like to bring up and if you are going with other fishermen have a chat with them about what they want to discuss so you can speak with unity (but not repeat each other's points!). Your voice is stronger together.



DURING THE MEETING

If you have a point to make, wait for a gap in the conversation and jump in! Avoid phrases like "This could just be me", "I think", "I might be wrong, but". Have confidence in your area of expertise or in your position within the group - you may be able to offer an opinion from your own experience and unique perspective, which will be valuable to others.

Aim for clarity. Be concise and clear in your questioning, or when making a point.

If you don't feel confident to speak in front of lots of people, write down your thoughts or questions and grab the meeting lead in a coffee break or after the meeting ends.



AFTER THE MEETING

Ask for actions to be noted and shared. You want to ensure the meeting was worthwhile and this makes people accountable to follow up or follow through on actions. Get people's contact information - that's the beauty of going to meetings - you can start to build a relationship with people that can help in the future.



TIPS FOR ONLINE MEETINGS

Online meetings are starting to become the norm, but they're not all bad. They're actually pretty useful for fishermen who don't want to lose out on time spent at sea by travelling to meetings. If you have a good enough internet connection, you can join a meeting from anywhere.

- Make use of the chat functions on Zoom, Teams, Google Meet etc if you don't want to verbally speak – or if your internet connection is unreliable.
- If you would like to speak, but cannot find a natural break in conversation, you can use the 'raise your hand' function to let the speaker know that you would like to contribute.
- Leaving your video on makes you more visibly present, but don't feel like you need to keep video on if you are not actively speaking. Make sure your audio is muted when not speaking - but get familiar with how to rapidly unmute so you can jump in when you need to.