SSTeMM

Voicing my opinions

Afraid to speak up?

Although not speaking up can keep you feeling safe in the short-term, the longterm effect can be that you avoid doing so when you need to (for example, one behalf of a patient). Get feedback from your preceptor around improving your communication or assertiveness. Practice at the next handover.
Practice, practice, practice.

My communication

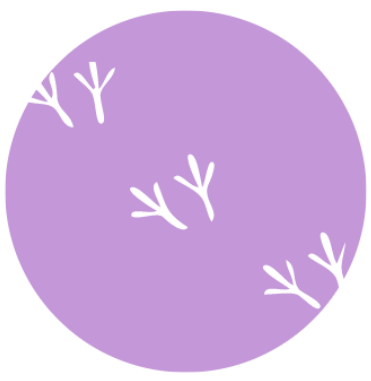
Consider what needs to be said. Keep it brief - less than 3 points. When we are nervous we tend to over-talk and the message can then get lost. Seek out opportunities to practice.

Address one issue at a time

A graded approach to speaking up or voicing your opinion works best. Start with just your preceptor and then grade up to your team.

Stick to "I" statements

Rather than saying, "You never even bother showing up on time", say, "I feel let down when you arrive late." Avoid being too confrontational. The goal is to be assertive, not aggressive.



Keep practising

The more you put yourself out there, the more you will recognize when to speak up, how to do it, and the best ways to express yourself.

Just like any fear, facing the fear of voicing your opinion will get easier with practice - small steps at a time. Look for feedback!

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