

Webinar Worksheet for RDNs
HOW TO GET YOUR BEST PAY RAISE EVER:
3 PROVEN TECHNIQUES
PRESENTER: PAT KATEPOO



Former RDN Pat Katepoo is founder of Pay Raise Prep School for Women and WorkOptions.com. Since 1997, she has equipped thousands of career women to negotiate flexible work and higher salaries.

KEY TAKEAWAYS: Record the Three Techniques That Work for Women

1. _____
2. _____
3. _____

This third technique is one of the highest-impact preparation steps you can take in the entire Pay Raise Process and will ease your anxiety about asking for a raise. Don't skip it.

How to Set and Get Your Big Pay Raise Goal

Set your goals based on _____ and _____.

My market value range: _____ Need help with your numbers? I recommend using the latest [AND Compensation and Benefits Survey of the Dietetics Profession](#), along with the salary data from websites such as [PayScale.com](#), [Salary.com](#), [Glassdoor](#) and [CareerOneStop](#).

How much should you ask for? To answer that question with specifics, use this framework:

Your **Aspiration Point**: _____ (aim high, yet be realistic; be able to justify)

Your **Anchor Point**: _____ (open with this #; *reasonably* higher than # above)

Your **Reservation Value**: _____ (any lower and you'll start a new job search)

Get guidelines for naming your numbers inside the webinar. Find more complimentary training for RDNs and other professionals at [Pay Raise Prep School for Women](#).