# Article information:

8 Communication Hacks I Use To Be More Assertive As a Young Employee  
<https://betterhumans.pub/8-communication-hacks-i-use-to-appear-more-senior-as-a-young-employee-9106468bf5aa>

# Article summary:

1. Learn how to be more assertive and influential by using communication hacks such as emphasizing select words, deliberately pausing, reclaiming the word when interrupted, explaining the bigger picture, avoiding upspeak, using signposts to give clarity, writing short and direct emails with genuine warmth, and taking up more physical space.

2. Speech coach Jamie Chapman suggests telling ourselves to speak slowly zaps the energy out of speech instead of rushing.

3. Communication coach Alexander Lyon explains how to use “first”, “second” and “third” to indicate shifts between main points and classic transitions for clarity.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is overall trustworthy in terms of its content as it provides practical advice on how to be more assertive and influential in a professional setting. The author has provided evidence for her claims by citing experts such as speech coach Jamie Chapman and communication coach Alexander Lyon which adds credibility to the article. Furthermore, the author has also provided examples of how her tips can be applied in practice which makes it easier for readers to understand her points better.

However, there are some potential biases that should be noted in this article. Firstly, the author has only presented one side of the argument without exploring any counterarguments or alternative perspectives which could have added depth to her discussion. Secondly, there is a lack of evidence for some of the claims made in the article such as when she states that “upspeak loses credibility and influence” without providing any supporting evidence or research studies that back up this claim. Lastly, there is a lack of consideration for possible risks associated with some of her tips such as when she suggests interrupting someone who is speaking which could lead to misunderstandings or conflict if not done properly.

# Topics for further research:

* Assertiveness techniques
* Effective communication strategies
* Conflict resolution skills
* Pros and cons of interrupting
* Research on upspeak and credibility
* Alternative perspectives on influence

# Report location:

<https://www.fullpicture.app/item/66ee8a6100b072d1454ecac53de653eb>