Asking for a payrise

Watch the video clip. Make notes while you are watching. Then answer the questions.		
>	1.	How can you work out if you deserve a payrise?
•	2.	How can you work out how much to ask for?
>	3.	Why might it be awkward to talk about your salary with your workmates?
>	4.	How should you go about asking for a rise?
>	5.	What should you prove to your manager when you ask for a payrise?
>	6.	Why does the video suggest that saying 'I work hard every day' isn't enough for a pay rise?
>	7.	How should you present your case?
>	8.	What is it a good idea to do after your meeting and why?
>	9.	What advice is given if the answer is no?