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TIPS ON HOW TO MANAGE YOUR CAREER IF YOU'RE AN OLDER WORKER THAT HAS BEEN FIRED

- **Stay positive:** Act enthusiastic and you'll be enthusiastic. Don't criticize or complain about your past job or getting fired, but be positive about what the future holds.

- **Make a good first impression:** Whether you are preparing for an interview or a networking event, remember that actions speak louder than words--so make sure you smile. Become genuinely interested in other people and talk in terms of the other person's interest.

- **Keep your skills relevant and up-to-date:** Stay "in-the-know" by reading trade journals and taking classes. Age discrimination unfortunately seems to play a key role in the limited opportunities for unemployed over-50 workers. People assume that older workers lack the energy or knowledge they need to remain relevant.

-**Hone negotiation tactics:** Negotiation skills, like clear communication and adept listening—are key for any transition, whether you are starting or leaving a position. It's important to be clear about your needs, firm in your approach and flexible in your perspective.

-**Stay connected:** It's not just what you know, nor whom you know. It's who knows you. Building and managing interpersonal relationships across industries and levels is the best way to find a new opportunity. Crafting strong alliances can only help you in your current business – and can give you the security and comfort you need in knowing there are other opportunities out there, if this job evaporates.