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Subject: **Make Your Job Recession-Resistant - June 2008 Newsletter**
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Issue: 17



Dear Lauren,

I hope you are enjoying your summer, despite the price of gas and uncertainty in the market. This month's article shares ideas on how to weather the recession at work.

I am looking forward to sharing an exciting new announcement with you in the coming weeks, but can't say much yet. In the meantime, I have a few new tools in my toolbelt that I'd like to share with you.

- Could you benefit from knowing more about **your personality and communication style** so you can be more effective with others? Ask me about getting your own personalized DiSC Assessment.
- Would you like a clear measure of **your expectations about work and how well they're currently being met?** Ask me about your personalized Work Expectations Profile.
- Do you ever feel that **despite your best efforts** to get ahead or change things in your life, there is **something still holding you back?** Ask me about my new techniques to get your subconscious and conscious mind working together to move you forward!



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Blog Log



If these sound like they might be valuable to someone you know, please share it with them.

As always, I invite you to forward this newsletter to everyone you think would benefit from and/or enjoy it. 

Wishing you success, balance and freedom every day!

Warmly,
Lauren Still

Making Your Job Recession-Resistant

During a downturn or recession, it is natural to worry more than usual about how stable your job situation might be. If you'd like to stay where you are but worry about layoffs and downsizing, here are a few tips to secure your job during a downturn or recession:

- 1) **Value:** Find out what your manager and the company needs and then provide it. Solve problems instead of finding them. Look for ways to save the company money or increase sales. Be a positive and low-maintenance employee. Learn whatever you can from those about to retire -- institutional knowledge is hard to replace.
- 2) **Visibility:** Maintain a close relationship with your manager; understand his or her stresses and needs you can help with and keep your manager informed on what you're doing and your accomplishments. If you are working from home or telecommuting, think about spending more time in the office to get "face time" with management and your peers.
- 3) **Voice:** Don't be afraid to "toot your own horn." Tout your accomplishments. Share ideas on how to make the company more profitable. Manage up the chain (diplomatically!) so people at more than one level know who you are and what you do for the organization.
- 4) **Volunteer:** Take on additional work, especially those projects that benefit other departments or business units, or that which others are reluctant to do. Take some of the load off your manager. Fill a gap.
- 5) **Vehicle of Change:** If the company is challenged to deal with the economy, find out what the company is doing to survive and thrive, then embrace the changes and support those efforts.
- 6) **Image:** Dress the part for the next level and act it whenever appropriate. Show that you should be moving up, not out.
- 7) **Initiative:** The best defense is sometimes a good offense, and if

Recent topics on my blog include:

To Work from Home or Not?

Job Security in Your Hands

Talking to HR About the Brain Drain

Creative Solutions to the Brain Drain

[Read on here...](#)

Karma Corner

Monthly featured business

Are you all about healthy living? Next time you're in the natural foods store, check out Natural Awakenings - a healthy living magazine with articles, events, and tips you can use.

[Natural Awakenings](#)

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Coaching Question

What will you do today to increase your value to your organization?

you think you might need to search for a new job, the best time to do so is while you're currently employed. Keep your options open. Reconnect with your network of contacts and develop new networks. Dust off your resume. Think about industries or companies where your skill set is needed which might be in a stronger financial position.

And don't forget that while you can make your job more recession-resistant, you can also do things to make your finances more resilient in case the worst should happen. Look at reducing expenses and building up savings that you can use to pay the bills should you need to look for another job. A little peace of mind can go a long way in uncertain economic times.

I'm always interested in hearing your thoughts. Please [email me](#) your comments and ideas for future articles you'd like to see.

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