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	Layoffs are disturbing and stressful, but taking some steps to anticipate and meet the situation head on can see you through the hard times and prepare you to shine even more brightly when better days return.	
	Don't forget to network within your own company. If influential people in other departments know and appreciate you, they may place you somewhere else in the organization if a layoff occurs in your particular area. At the same time, build a contact list of coworkers, clients, customers, vendors and other associates in case you no longer have access to their phone numbers and email addresses, and flag those you may want to use as references.	
	lost jobs, they will be eager to help you when the tables are turned. Broaden your professional and personal network by joining and attending alumni events, professional associations, conferences and non-profit functions.	

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