

## Stay a Step Ahead in a Tough Economy

By Joe Rosenlicht

As a career coach, I stress to my clients that the best thing they can do to be proactive during difficult times is to build their network.

Building our network includes things like attending monthly networking events, completing a profile on virtual networking sites, joining a local networking group that meets on a weekly basis, and just getting out there to meet people on both a professional and social level. Building our network also includes maintaining contact with those already in our existing networks. People are more likely to help when we've made the effort to stay in touch. (Keeping an organized database of existing and new contacts is important as well.)

So if the time comes when we're looking for a new job, we'll be in a much better position to call upon our now much larger network to help in the job search.

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Joe Rosenlicht is a certified leadership coach and founder of InMotion Career & Wellness, based in Washington, DC. Through his coaching, he keeps clients moving forward in achieving career happiness, including transitioning into new jobs, writing winning resumes, doing effective job searches, interviewing and networking more powerfully, and answering the question, "What do I *really* want to do for a living?" He also coaches on wellness issues and is licensed to offer [The Wellness Inventory](#), a unique self assessment and life balance program. Joe's a featured columnist on various business and career websites as well as a marketing consultant for other entrepreneurs. For free valuable resources and tips, visit [www.inmotioncoach.com](http://www.inmotioncoach.com) and subscribe to *Making Waves*, his monthly newsletter.