### HELPFULTIPS

FROM THE BOOK -

## FIRED

# 10 STRATEGIES TO PROTECT YOUR RIGHTS



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#### 10 Strategies To Protect Your Rights

### 10 Strategies To Protect You From Unfair/Illegal Job References and Defamation Claims Against Your Employer:

- 1 Avoid signing a release allowing the prospective employer to investigate and disclose your job history.
- 2 Review the company's reference policies.
- Negotiate to receive a favorable reference after a firing or that the company will only confirm your dates of employment and positions held to potential employers.
- Take action if you are given a negative reference in retaliation for making or filing a discrimination claim.
- Act promptly if you discover that an ex-employer is making defamatory remarks that reduce your chances of obtaining a new employment.
- Take immediate action if you believe you are being blacklisted or willfully prevented from obtaining new employment.
- 7 Utilize your state's "service letter" statutes if applicable.
- 8 Research your state's law concerning job references and defamation.
- Ontact an employment attorney if the ex-employer failed to keep its promises.
- 10 Recognize that you have rights while working against being defamed.