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# IS IT AGEISM?

***ACTION STEPS***

* With the help of a consultant, maybe a younger person, evaluate what your appearance, health, skills, and resume communicate about who you are with regard to your age.
* Develop a plan to manage perception by updating your online presence as well as your physical appearance and health.
* Find out the new tools that are popular in your industry and get trained on them.

For additional resources, check out the Repurpose Your Career Resource Center at CareerPivot.com/RYC-Resources.