

### **Meeting notes as of 05/16/2022:**

We discussed podcasting/videos. We produced a game plan to let you know when to come in for specific dates to record podcasts, and we include a video component of this as well so we can post it to Youtube and your website and use it for any social media content. In June, we'll invite you to do three different videos that are 15/30 minutes long. I will coordinate with our team to see what dates work, and we'll send you topics for each video so you can be prepared beforehand.

---

### **Some podcasting topics we talked about were:**

- What to do when you resign
- What to do with a pink slip

### **Here are some more ideas Kaela came up with after reading *FIRE!*:**

- Women Workers:
  - Civil Rights Act of 1991, #MeToo Movement, The Lily Ledbetter Fair Pay Act (Pg. 8), Chapter 3, pages 39-40
  - What companies can do to improve office policies and how to prevent sexual harassment from happening (pgs 41-44)
  - Pregnancy Discrimination Act (PDA) pages 53 to 64
  - Pregnancy as a disability
  - FMLA (Family Medical Leave Act)
- What to do when you are fired illegally:
  - How to know the signs and what the steps are after.
- Anti-Discrimination Laws for minority workers, women, and the LGBTQ+ community
- What you can and cannot be fired for
- Tips on negotiating severance & other benefits - chapters 6 and 9
  - What are the right questions to ask
  - How to clarify the reason for termination to increase what someone can obtain
  - What to do if your employer won't help you with severance or benefits
- How to deal with post-termination problems
  - Reputation, references, and other restrictions for future jobs - chapters 11 & 12
- How to find and work with lawyers

- Key things you should be looking for - chapter 14
- Pros and cons of resigning
  - Pros: mental health improvement, flexible schedule, etc.
  - Cons: financial loss, loss of confidence, etc
- Advice on how to deal with being fired - Pg. 9
- Discrimination laws (age, gender, sexual orientation, race, national origin, religion, disability, etc.)
  - What rights do you have
  - What to do if fired because of these (chapter 2)
  - How to document evidence regarding these discriminations
- What can happen when on-the-job harassment/retaliation occurs?
  - What can you do to prevent it?
  - Tips on what to do after it occurs (pg. 11-12)
- Age discrimination - ADEA
  - Best way to go about retiring
  - What to do when you're forced into retirement
- Equal Pay Act of 1963