

## Investing In Yourself In A Pandemic:

### Toolbox Resources

May 26, 2020

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## Organization:

[How to Use Your Calendar to Make Every Day the Ideal Day](#)

By: John Zeratsky

[Here's a Calendar Trick to Ease Post-Pandemic Reentry](#)

By: Emily P.G. Erickson

## Personal Coach/Mentoring:

[Monique Claudio](#)

Happiness, intimacy, empowerment coaching. Monique redefines femininity and teaches her clients how to live from their own authentic truth.

*Attendees of this event will receive a unique discount.*

[Mentoring Application](#)

**PROMO CODE: Invest In Yourself (PLUS)**

## Body Work:

[The Class](#)

The Class is a cathartic workout experience that guides you to strengthen the body and notice the mind to restore balance.

[Tracy Anderson Method](#)

The TA Online Studio is an ever-evolving weekly workout subscription program based on Tracy Anderson's 20 years of research and strategy with the body. Each week, Tracy creates and delivers brand new classes for beginner, intermediate and advanced fitness levels. The results of this weekly commitment to working out are unprecedented, and by showing up you will meet your goals. You are how you move and Tracy is the world's most renowned expert in body

design. With the TA Online Studio, now you can have access to her expertise from anywhere, at anytime.

### [Fight Camp](#)

FightCamp delivers the most exhilarating and effective form of home fitness through interactive boxing workouts, streamed to your device on demand.

### [Peloton App](#)

Workouts both on and off the bike. You do not need to own a Peloton to subscribe to the app. I highly recommend the outdoor runs and the bootcamp classes. This helped to provide some much needed “me time” for 30-60 minutes each day.

### [Beach Body](#)

20 min workouts at home.

### [Ido Portal Method](#)

The Ido Portal method is a physical fitness practice utilizing the practitioner's own bodyweight and movements, rather than external weights and machines, to develop strength, agility and flexibility. Developed by Israeli trainer Ido Portal, it is a mixed technique drawing primarily from Capoeira.

### [Strength Side](#)

Maintain a strong, balanced, flexible body and give your life structure. Committing to a daily practice will transform your mind, body and life.

### [Hand & Stone](#)

Massage and facial membership in a clean, professional and COVID-friendly environment. This is a way to ensure you pamper monthly, outside of your home.

## Emotional Support:

### [Yoga Nidra Guided Meditation](#)

Yoga Nidra is a form of guided meditation also known as “yogic sleep” or “effortless relaxation”. It’s usually practiced lying down with a teacher guiding the session. The practice draws our attention inwards, and we learn to surf between the states of wakefulness and sleep, where our body finds its natural state of equilibrium (homeostasis) – the breath balances and becomes quiet, unconscious

and conscious aspects of the mind reveal themselves, and we fall into an innate state of deep, blissful awareness.

Below is a list of excellent Yoga Nidra resources:

- [Lauren Ostrowski Fenton](#) (YouTube)
- [Nid's Nidra](#) (Spotify)
- [Jennifer Reis](#) (YouTube)

### [Calm App](#)

Great to fall asleep to calming sounds, or a few minutes of meditation.

### [Charlie's Crusader Pet Rescue](#)

A pet rescue organization in Lancaster, PA. Would highly recommend for unconditional love and emotional support, not so much if you have a liking for luxury shoes. 😊

### [Melanin & Mental Health](#)

With an easy to navigate directory, M&MH makes it easier for minorities to find clinicians that are culturally competent and dedicated to helping minority communities. Promoting and advocating for culturally competent clinicians, while raising awareness about how mental health affects minorities.

## Wine & Dine:

### [Total Wine / Wine.com](#)

It's always fun to receive a package of wine in the mail with your name on it. You can order a la carte or become a Wine of the Month Club member. Some great mid- priced wine recommendations: [Nobilo Sauvignon Blanc](#); [Whispering Angel Rose](#); [Baus Family Pinot Noir](#); [Chianti Classico](#).

### [DoorDash](#)

Helps to support local businesses and food and/or cocktails are conveniently delivered to your doorstep with no contact. Who doesn't need a night (or 5) of not cooking?

### [Dinnerly](#)

...however, if you want to cook, this package helped many stay away from packed supermarkets during the pandemic, and receive fresh produce and meats. You

also get to gift a few friends a free Dinnerly box every month at no cost to you and nominal shipping costs of around \$8 for them.

### [Charlotte Cheese Chick](#)

Artisan cheese and charcuterie boards handcrafted in Charlotte, North Carolina.  
<https://www.cheesechick.co/>

## Reading:

### [Libby App](#)

Borrow e-books, audiobooks, and more from your local public library for FREE! Access them on your smartphones or tablets. Some good books I have read this year: [Every Last Fear](#) (Mystery); [The Brilliant Life of Eudora Honeysett](#) (Fiction); and [Open Book](#) (Memoir).

### [First Few Steps to Mindfulness](#)

By: Sadia Saeed

### [The Way of Integrity](#)

By: Martha Beck

### [How To Do The Work](#)

By: Dr. Nicole LePera

### [Everything Is Figureoutable](#)

By: Marie Forleo

### [Abraham NOW!](#)

Esther Hicks

## Retreats/Conferences:

### [Training Camp for the Soul](#)

6 day in-person or online course. Highly recommended for those wanting to do deep transformative self-work.

### [Tony Robbins Conferences](#) (virtual or in-person - cities worldwide)

- [Date with Destiny](#) (6 days, 5 nights)
- [Business Mastery](#) (5 days, 4 nights)
- [Life Mastery](#) (5 days, 4 nights)
- [Unleash the Power Within](#) (3 day, 2 nights)

### [The Lodge at Woodloch](#)

Adults-only spa & resort in Poconos, PA.

### [Kripalu: Center for Yoga & Health](#)

Retreat center in Stockbridge, MA that attracts speakers from around the country. Great for a one-day trip or a multi-day program.

## Podcasts:

[The Rewatchables](#)

[Dr. Death](#)

[You're Wrong About](#)

[The Daily](#)

[Latinx Therapy](#)

[Where Should We Begin? with Esther Perel](#)

## ...and Chill:

[Netflix](#) / [Prime Video](#) / [AppleTV](#) / [Hulu](#) / [Disney+](#) / [Paramount+](#)

Never underestimate the power of a good binge watch.

## Think Outside the Box:

[LEGO](#)

Buy a LEGO set and build virtually with your friends.

[Skillpop](#)

Take a SkillPop virtual class with your friends regarding a variety of subjects.

[Medium](#) / [Morning Brew](#) / [Sidekick](#)

Read various blogs for news, information, and inspiration for new hobbies/activities.

[Urban Movement Arts](#)

Urban Movement Arts dance studio for remote and socially distanced classes

## Panel Contact Information:

Jennifer Ward  
Ward Law, LLC  
[jward@thewardlaw.com](mailto:jward@thewardlaw.com)  
215.647.6601

Shari Mattis  
ESIS ProClaim  
[shari.mattis@esis.com](mailto:shari.mattis@esis.com)  
631.247.4546

Alyssa Pianelli  
Beazley  
[alyssa.pianelli@beazley.com](mailto:alyssa.pianelli@beazley.com)  
267.534.8472

Carolina Felix  
Aspen Insurance  
[carolina.felix@aspeninsurance.com](mailto:carolina.felix@aspeninsurance.com)  
201.539.2637

Natalie Mercandetti  
Chubb  
[natalie.mercandetti@chubb.com](mailto:natalie.mercandetti@chubb.com)  
215.640.1229