



ARTICLES

VUCA (Volatility, Uncertainty, Complexity and Ambiguity)

["Creating Certainty in Uncertain Times" \(Angelo Ioffreda\)](#)

["Managing in the Age of Corona Creating Certainty in Uncertain Times" \(Angelo Ioffreda\)](#)

["Navigating Through Turbulent Times" \(Sandra Donati\)](#)

COVID-19 Resources

["CDC Covid Link and Resources"](#)

["Managing in the Age of Corona"](#)

["Leadership in a Crisis: Responding to the Coronavirus Outbreak and Future Challenges"](#)

["4 Behaviors That Help Leaders Manage a Crisis"](#)

["We Need Great Leadership Now, and Here's What It Looks Like"](#)

["Your Employee Tested Positive for Covid-19. What Do You Do?"](#)

Productivity & Innovation

["The Restorative Power of Ritual"](#)

["How Anyone Can Become More Innovative"](#)

["What Followers Need from Leaders"](#)

["Your Productivity Doesn't Determine Your Worth."](#)

Emotional Intelligence

["Holstee's Compassion Guide: Exploring the Art and Science of Compassion" \(PDF\)](#)

["The 7 Emotional Stages You Will Go Through As We Enter a Lockdown"](#)

["How to Say No to Things You Want to Do"](#)

["That Discomfort You're Feeling Is Grief"](#)

["Anxiety is Contagious, Here is How to Contain It" \(Positive Mental Health\)](#)

["Coping with Fatigue, Fear, and Panic During a Crisis" \(Positive Mental Health\)](#)

["A Simple Way to Stay Grounded in Stressful Moments" \(Managing Stress\)](#)

["Are You Leading Through the Crisis or Managing the Response?" \(Leading Through a Crisis\)](#)





Diversity & Inclusion

[New Study Reveals That Diversity and Inclusion May Be the Key to Beating the Next Recession](#)
[LGBTQ Employees and the COVID-19 Pandemic](#)
[The Coronavirus Is No Excuse for Casual Racism](#)
[Speaking Up Against Racism Around the New Coronavirus](#)
[How to Stop the Spread of Racism During the COVID-19 Coronavirus Outbreak](#)

Managing in a Virtual World

[5 Tips for Converting Face-to-face Training to Virtual Training](#)
[Tips For Communicating When Working Remotely](#)
["Managing a Remote Workforce" \(Webcast\)](#)
[Video and Resources on Fostering Connection when Leading Remotely](#)
["How to Be Productive Working From Home"](#)
[Challenges to Managing Virtual Teams and How to Overcome Them](#)
[Leading Remote Teams Effectively Webinar Recording](#)

VIDEOS/WEBINARS

["The Power of Now"](#)
["The Ideal Team Player"](#)
[Robert Kegan: "The Transformative Potentials in Our Current Crisis"](#)
[Scott Eblin: "Resilience and Leadership"](#)
[Brene Brown: "Unlocking Us"](#)
[Compassionate and Connecting Conversations Series Zoom Calls](#)

MISCELLANEOUS, APP, & FUN

[Watch: Quarantined Italians Are Singing Their Hearts Out. It's beautiful.](#)
["Flatten The Curve" Coronavirus Song](#)
["I Gotta Wash My Hands" Song](#)
[What the World Needs Now](#)





Cooking Ideas

[15 Minute Recipes](#)

[15 Minute Vegan Meals](#)

[77 Meals in 30 Minutes or Less](#)

Breathing, Meditation Yoga, & Mindfulness

[Key Mindfulness Mondays Podcast Series with Dr. Ruth Zaplin](#)

[3.5 min. meditation for stress and anxiety](#)

[5.5 min. seated or standing breathing exercise for relaxation](#)

[2.5 min. seated yoga](#)

[4 mins. Chair Yoga - 6 movements of the spine](#)

Apps for Sleep, Stress, and Meditation

[Calm](#)

[Headspace](#)

[Insight Timer](#)

[“Calm Also Has a Coefficient”](#)

[Mindset Mastery During A Pandemic - How To Be The Calm In The Chaos](#)

[Kristin Neff: “Self Compassion”](#)

[Greater Good Magazine](#)

[The Energy Project \(PeopleFuel efforts\)](#)

[Ten Percent Happier](#)

[On Being: A Listening Care Package for Uncertain Times](#)

[16 Teachings from COVID-19](#)

[Resources for Clinicians, Staff, and Managers: Mindfulness and Mental Health](#)

TED Talks

[Playlist: Talks to Help You Manage Stress](#)

[Playlist: Talks for When You’re Having an Existential Crisis](#)

[Playlist: How to Talk About Your Feelings](#)

[Olivia Remes: How to Cope with Anxiety](#)





Books

[*Stopping: How to be Still When You Have to Keep Going* - David Kundtz](#)

[*Humble Inquiry* | Chapter 1 - Edgar Schein](#)

[*Getting to Yes: Negotiating Agreement Without Giving In* - Roger Fisher, William L. Ury and Bruce Patton](#)

[*Smile at Fear: A Retreat with Pema Chödrön on Discovering Your Radiant Self-Confidence* - Pema Chödrön & Carolyn Rose Gimian](#)

[*Man's Search for Meaning* - Viktor Frankl](#)

