

Dear friends –

Thank you for being a part of my job search community. While this is not an exhaustive list, it will hopefully reassure you that there is hope. I look forward to staying connected with you virtually as we all continue to pay it forward together.

Absolutely yours,
Abby

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This document and updates will be maintained at: <https://CareerWakeUpCalls.com/COVID-19/>

Broken links? Please email us at: covid-19-resource-guide-edits@absolutelyabby.com

Want to register for our next Career Wake Up Call? <https://CareerWakeUpCalls.com/>

For general help desk support inquiries, visit: <https://email.absolutelyabby.com/helpdesk.html>

Absolutely Abby's COVID-19 Resource Guide

New Resources added 05/25/20

Top 10 Things I'm Grateful For

1. I'm alive
2. I'm healthy
3. I have supportive family
4. I have wonderful friends
5. I have an awesome business partner
6. I have meals to eat
7. I have a place to live
8. I own a car
9. I get to watch animals at the park
10. I get to recreate my career if I want to

A LinkedIn video posted by Laura Van Camp, a job seeker:

<https://www.linkedin.com/feed/update/urn:li:activity:6669661317688807424/>

New Resources added 05/10/20

On Career Wake Up Call 99E during the "Ask the Audience" segment, we posed the question " What's are your best tips for virtual networking?" Here are many of the responses we received:

Tips for Virtual Networking

- Have a solid elevator pitch and ask a few open ended questions to the group.
- Touch base intermittently
- Recall the last time you've seen each other
- Provide words of encouragement and support
- Ask how you can be of service to them
- Provide a referral or recommendation
- Comment on their posts they share on social media
- Be very active on LinkedIn. Post articles, comment, and make yourself visual.
- Most groups have migrated to virtual. Just stay involved with your groups or start your own.
- Attend free career networking events and classes over Zoom
- Use the chat to reach out to other attendees with your contact info, and also check the chat box to find other people looking to network. It is amazing how many people will reach out to you if you share some information in the chat box (especially about navigating unemployment)
- Reach out to your network to share and care
- Dress professionally and check your lighting and background on zoom calls
- Attend small events not specifically networking but with great potential contacts
- Invite 5 people a day to connect on LinkedIn, using some kind of personal sentence beyond the canned invitation
- Connect with people in jobs/industries/companies you're interested in knowing more about. Once they accept, write another message asking if they'd be willing to visit with you by phone to learn more about the career, etc.
- Create a video of yourself - your live resume video
- Introduce others via LinkedIn, email, etc.
- Comment on LinkedIn articles

- Reach out to former college classmates who work at your target company.
- Give value to get value - provide info, help, ideas BEFORE you ask to connect or for help
- Virtual networking: Use LinkedIn groups and comment on relevant articles. Join in on conversations. Find like-minded people.
- Participate in the networking event. Don't just listen in.
- Invite someone for virtual coffee and learn about them beforehand. In other words, create a friend.
- Be interested in the other person, ask them good questions, ask how/if you can help them

(continued)

Cover Letter Sample 1 (feel free to copy and customize as needed)

(This is my strong cover letter template that many have used and landed jobs with)

June 15, 2019

Hiring Manager's Name (which you can find from LinkedIn)

Hiring Manager's Mailing Address (which you can find on Google or on their website)

City, State, Zip

Dear First Name (which you can find from LinkedIn – if not, just use Dear Hiring Manager):

In response to the job posting on _____, please consider my resume in your search for a **Job Title** at **Name of Company**. I am interested in your company because _____. (use a personal experience with the company or find a good reason on the company website in their About section).

(This is just a sample paragraph – feel free to replace it with one of your own) I am accustomed to a fast-paced environment where deadlines are a priority and handling multiple jobs simultaneously is the norm. I enjoy a challenge and work hard to attain my goals. These are my specific accomplishments which are most relevant to your open position (list 4-7 quantifiable accomplishments RELEVANT to their job):

- Processed over \$3 million in supermarket vendor credits for accounts payable invoices.
- Achieved 100% reduction of backlog of outstanding deductions for accounts payable invoices.
- Processed over 2,000 photograph order cash and check payments daily from approximately 5,000 school district accounts.
- Achieved a \$200k savings by identifying and rectifying errors in landlord's year end reconciliations.

I have attached a resume for your review, which outlines my relevant experiences. Should any questions arise regarding the information on my resume, or if you need personal references, please do not hesitate to contact me through the email address or telephone number listed above.

Thank you for your time and consideration. I look forward to hearing from you.

Sincerely,

Name

Cover Letter Sample 2 (feel free to copy and customize as needed)

(This person landed the job as a Manager as a direct result of this cover letter)

Dear Hiring Manager,

There are three things about myself I know to be true. First, I relish working with talented people. It's like hitting the lottery at work. Second, it is my nature to look for ways to improve an existing process. Lastly, I know how to get a job done. And done well.

I believe everyone brings something to the table. (Some people sometimes bring more than others.) Those who know how to tailor their talents to align with others are the ones that I find to be the most successful.

Working with talented people who are able to adapt to changing conditions and shifting guidelines often times will find more than one way to accomplish a goal or complete a task.

I am a strategic thinker who doesn't hesitate to jump in to positively impact an organization. My work speaks for itself. I look forward to speaking with you about future opportunities to improve processes and to do good work.

Thank you for your consideration.

John Doe

Cover Letter Sample 3 (feel free to copy and customize as needed)

(This person landed the job as a Graphic Designer as a direct result of this cover letter)

Hey CBS Sports!

I am excited to apply for your Freelance Graphic Design opening. Not only do I have all the experience and qualifications desired, I also have a lot of background in designing for fitness and sports companies.

I have worked in small agencies, as well as big Network teams. You may have noticed I'm currently based out in Chicago, IL where I do side work for the Chicago Cubs, but I am looking to move back to NYC. Once I saw this opening I had to jump on it. It feels like a perfect fit.

If you look through my portfolio you can see I've done all sorts of work plus digital and hand illustration is a huge passion of mine.

To hear back from you guys would be extremely exciting. I would love the chance to talk to you about why I think I'd make a great fit.

Hope you have a nice day.

Jane Doe

New Resources added 05/04/20

NJ Job List

<https://jobs.covid19.nj.gov>

The Gifts of the Coronavirus

<https://www.psychologytoday.com/us/blog/achieving-conflict-freedom/202003/the-gifts-the-coronavirus>

The following was written by Jack Canfield (co-author of the Chicken Soup for the Soul series)

It's time to relight your fire...

Your pilot light may be burning really low lately.

Which is totally understandable – turns out living through a pandemic can be pretty darned exhausting!

So as you summon up the willpower and energy to keep moving forward to your dreams, remember to be gentle with yourself.

(In fact, it's good to be gentle with EVERYONE right now.)

Take a break if you need to. Turn off the news and get some rest if you're feeling drained. Engage in some nourishing self-care. Set realistic goals for yourself and schedule in plenty of rest and rejuvenation time for yourself.

Because if you want to make real progress toward your goals, you're going to need lots of fuel to burn.

And the steps you take now are going to pay off hugely in the weeks, months, and years ahead.

On Career Wake Up Call 99D during the "Ask the Audience" segment, we posed the question "How do you deal with your friends and relatives who are impatient with your job search?" Here are many of the responses we received:

- I've asked my husband to write a resume for one of the jobs I'm looking at because he doesn't understand why it "takes so long to write a resume that corresponds to the job posting." He didn't finish it, now he understands.

- Take your significant other to a networking meeting that you attend to show her or him what the job search is about. She or he can then help you work with other relatives.
- I ignore them. Their frustration doesn't help anyone. I do remind them to prepare themselves for the same.
- I let them know the different avenues I am exploring to land solid positions [including] networking [and] reaching out to business associates, attending webinars, conference calls, etc..
- Start discussions about other subjects (recipe, home projects, community projects). It eases them and they come back to help.
- I have made it somewhat known to my relatives that I am currently "skilling-up." I am learning subjects that are taught for a Masters (which take 2 years). In the case of some pesky relatives, I blatantly tell them I am not looking at the moment.
- It's not really their business, unless it's your spouse. You [can] tell them it takes time to find a role. You can tell them if you are currently interviewing or if you are bargaining for a salary.
- Give them too much information- talk about every job I have applied to so [they] see I have been busy.
- Tell them that I will let them know when there is something to tell them.
- Just let them know that you're the most impatient than anyone else could be, & their impatience is added pressure & stress for you; reassure them that you're doing the best that you can & that it's a difficult market.
- Losing your job is ranked as the #2 most stressful life situation, behind divorce or death of a spouse. Family or friends who are "impatient" with you are out of line and should try to be more compassionate and helpful.
- Explain to them it's a tough job market and that you are looking every day. They also may be worried for you and nervous about money. Deal with the issue out in the open.
- I tell them that it is an involved process, that it can take a long time, that I am working hard at it and that I will gladly take any suggestions or advice they might have to offer.
- I offer explanations about what I have been doing, in relative detail so they begin to understand how much details go into an effective search process.
- I try to be positive and talk about the progress.
- I explain that being a female in your 50s is not the demographic that companies want to hire, so it takes longer.
- Have a summary of how many jobs you applied for, how many phone interviews you had, (You need it for unemployment office anyway). Also keep track of how many contacts you made.
- I deal with relatives who get impatient by reminding them that it's a different time and job market than when they were younger. Jobs and industries that existed back then no longer do. It's not just a

case of taking a job, as it might have been in the 60s and 70s. Now you have to be judged the most qualified to be given the chance to get a job.

- Sit with them, explain the situation, and solicit their help and/or involvement in the search.
- I have continued to be positive and say that I am making progress and not to worry about me.
- Avoid them altogether.
- Rome wasn't built in a day!
- I always say - I have a lot of possibilities and I expect to hear something great any day now! Works every time.
- I tell them I appreciate their support but I am doing everything I can and if I they can help me with anything I will make sure to ask.

The ones
who are crazy
enough to
think they
can change
the world,
are the ones
who do.

STEVE JOBS

New Resources added 04/21/20

A website that lists companies that are hiring, having hiring freezes or layoffs

<https://candor.co/hiring-freezes/>

Kristi adds: This is a tremendously valuable resource so I felt it deserved a highlight! It's a crowd sourced list of over 7000 companies and indicates which may be hiring or have a hiring freeze right now.

Phrases to search for on job boards that indicate a company is hiring NOW

"Currently hiring"

"Hiring now"

"Not on hold"

"Filling immediately"

"Immediate need"

Relief Packages for Self Employed Workers

<https://www.bizjournals.com/bizjournals/news/2020/04/13/here-s-what-the-relief-packages-give-self-employed.html?ana=emailafriend>

Tips for staying consistent with your job search

- Join online groups and network with people in several areas of the country
- Expand your local network and participate in online activities with them so they have an idea of how you would be to work with
- Set and achieve one goal each day (either related to or unrelated to your job search) so that you can feel the satisfaction of accomplishing something each week. This can even be a step towards a large goal.
- Use this time as an opportunity to learn new skills as there are so many free/low cost courses
- Create a calendar of activities
- Make a list of 20 target companies and check these company websites every 1-2 days
(Kristi suggests: Setup Google Alerts <https://www.google.com/alerts> to automate this for yourself. You'll want to refine this as you go to make it more relevant. Use quotes to group words that should appear together. Use a vertical bar for similar terms like this: stock|dividend|gain|bonus|compensation)
- Reward yourself when you complete a project

- Treat your job search like a full-time job. Shower in the morning and get dressed just like you would for your normal job routine.
- Schedule calendar time for follow up, applications and hopefully interviews.
- Remember that every NO you get brings you one step closer to the next YES.
- Have daily and weekly to do lists
- Have a job search buddy and hold each other accountable to keep moving forward
- Do job search activities every morning from 9-1 pm
- Stay on top of current events in your industry
- Use a kanban board. Treat each job application as a card on the board and track it across the board. Personal kanban is a great way to organize and visualize your job search.

PluralSite is making 7,000+ expert-led video courses free for the month of April:
<https://www.pluralsight.com/>

Website that lists all sorts of learning opportunities
<https://www.psgofmercercounty.org/p/e-learning-resources.html>

Five things for job seekers to do from Paula Brand

1) Don't stop looking: Yes, it's true that hiring times will be slower because of this disruption but many employers are hiring right now to help their business meet the new demands of this crisis. It's similar to the myth that no one hires during the holidays. Even among crazy times like these, there are employers hiring in some industries.

2) Network online: You may not be able to visit places in person but there's nothing stopping you from reaching out to contacts by e-mail, social media or the telephone. Many people have more time on their hands because so many activities have been canceled. If you've been planning to schedule an informational interview, go ahead and reach out to that person. You might just catch them at a good time. I'll caveat this by saying it's probably not a good time to reach out to someone in an industry that is swamped right now, like IT or healthcare.

3) Work on career management activities: This is an excellent time to work on things you have been putting off such as cleaning up your LinkedIn profile, creating a branding statement and reflecting on where you are with your career goals. If you are relieved to be away from a job you don't enjoy, take time to dream and map out a game plan to improve your employment situation.

4) Build your virtual meeting skills: Whether you are holding a meeting with people you know or interviewing for a job with strangers, having virtual meeting skills will be critical now, and in the future,

as hiring processes will become even more virtual than they already had been. It isn't rocket science, but it does take some practice. Use this time to set up a Skype or Zoom account and practice with others to get a feel for these platforms. Once you understand one, you can usually pick up other platforms with similar features (chat, sharing your screen, muting yourself, etc.). Remember to make eye contact by looking at the camera directly (as opposed to the person's face on your screen).

5) Look for opportunities: Amid all of this confusion and uncertainty, federal, state and local governments are creating programs to help with employment. Some are tied to unemployment insurance, but others are grants and training opportunities to help employees get back to work. There are even new programs for the self-employed and small businesses. See what you might qualify for and take advantage of these programs, if possible.

And the people stayed home.

**And read books, and listened, and rested, and
exercised, and made art, and played games,
and learned new ways of being, and were still.
And listened more deeply. Some meditated,
some prayed, some danced. Some met their
shadows.**

And the people began to think differently.

And the people healed.

**And, in the absence of people living in
ignorant, dangerous, mindless, and heartless
ways, the earth began to heal.**

**And when the danger passed, and the people
joined together again, they grieved their
losses, and made new choices, and dreamed
new images, and created new ways to live and
heal the earth fully, as they had been healed.**

By Kitty O'Meara

ISOLATION WELL-BEING

☐ SHOWER

☐ MEDICATION

☐ DRINK WATER

☐ CLEAN ONE THING / SPACE

☐ TEND SOMETHING GROWING / LIVING

BE MINDFULLY PRESENT TO...

☐ A SOUND OR SONG

☐ A SENSORY FEELING

☐ SOMETHING YOU SEE

☐ A SPIRITUAL PRACTICE

☐ REACH OUT TO A HUMAN OUTSIDE YOUR HOME

☐ DO ONE THING TO GET YOUR HEART RATE UP

☐ DO ONE THING YOU'LL BE GLAD YOU DID LATER

☐ DO ONE THING JUST BECAUSE YOU WANT TO

☐ GET IN AT LEAST ONE GOOD LAUGH

May we never again
take for granted:

Friday nights with friends,
Family gatherings,
Birthday celebrations,
The roar of a stadium,
Mornings at the gym,
Packed dance floors,
Coffee with a friend,
Crowded concerts,
LIFE ITSELF

lessonslearnedinlife.com

New Resources added 04/11/20

Before we begin, you might want to start with some good news!

John Krasinski, one of the stars from The Office recently created a web show where he highlights some good news from around the world during the COVID-19 pandemic. This is guaranteed to uplift you. In just two short weeks, his premiere episode has received over 15 million views:

Some Good News with John Krasinski Ep. 1

https://www.youtube.com/watch?v=F5pgG1M_h_U

Some Good News with John Krasinski Ep. 2

<https://www.youtube.com/watch?v=oilZ1hNZPRM>

(start with this one if you are a fan of the Broadway show Hamilton)

Some Good News with John Krasinski Ep. 3

<https://www.youtube.com/watch?v=Eg08rJGKjtA>

Some Good News with John Krasinski Ep. 4

<https://www.youtube.com/watch?v=VQLi2GYVULc>

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B Corps jobs:

B Work connects purpose-driven jobseekers with positions at social enterprises who are using business as a force for good.

<https://www.bwork.com/>

For 1099ers and Freelancers

The CARES Act signed into law on March 27, 2020, gives states the option of extending unemployment compensation to independent contractors and other workers who are ordinarily ineligible for unemployment benefits. Please contact your state's unemployment insurance office at the website or phone number provided below to learn more about the availability of these benefits where you live. Check your U.S. Senators' websites and/or your Congressman's website. Most of them will have posted on their websites how to access the SBA loans.

<https://www.foley.com/en/insights/publications/2020/04/unemployment-benefit-defined-by-the-cares-act>

<https://www.dol.gov/coronavirus/unemployment-insurance>

COVID employer resource website by state

<https://quickbooks.intuit.com/learn-support/en-us/help-articles/covid-19-employer-resource-website-by-state/00/518101>

Insurance Companies

Many are giving major discounts or are postponing due dates without penalties on car insurance, health insurance, and homeowners insurance. Check with your provider.

NJCOVID Job Board

<https://jobs.covid19.nj.gov>

Excellent Resource for Californians

Fresno-based Bitwise Industries and its software-development arm, Shift3 Technologies, have collaborated with Oakland technology nonprofit Kapor Center, Gov. Gavin Newsom's office, LinkedIn and Salesforce to develop OnwardCA.org, a website that aims to serve as a one-stop repository of information and resources for workers displaced by the COVID-19 pandemic.

<https://onwardca.org/>

Intuit added several free tools for getting emergency assistance.

- 1) Free stimulus tool if you did not make enough in 2019 to file a tax return.
- 2) Freefile program thru IRS for free tax returns.
- 3) Small biz link: <https://aidassist.intuit.com/app/home#/home>
- 4) Turbotax stimulus check: <https://turbotax.intuit.com/stimulus-check>

Just 100 – The ranking of America's best corporate citizens

The Just 100 is a reflection of the issues that matter most to Americans and a ranking of how the nation's largest publicly traded companies perform in these areas. These are the names that are setting the standard in stakeholder treatment and prove that it is possible for a corporation to do well by doing good.

<https://www.forbes.com/just-companies/#4eee1d892bf0>

The State of New Jersey welcomes offers of assistance from technology professionals and firms looking to help in the fight against COVID-19. Interested? Complete the following form

<https://forms.business.nj.gov/tech/>

10 Working from Home Tips From Flexjobs

#1: Get Up, Shower, And Get Dressed - We all know that it is easy to stay in your sweats all day; however, habits are important in a work environment. This is why we recommend starting your day as if you were going to your office as this will set the tone of your workday.

#2: Make A To-do List - Before replying to e-mails, we recommend taking a few minutes to create a list of to-dos. Then prioritize them.

#3: Your eMails - Keep your e-mails brief, concise, and formatted for easy reading. Remember, people are reading them on smaller monitors, tablets, or laptops. Therefore, we recommend that you have one or two sentences to open your message and then sub-headlines and bullet point to advise the reader what you are trying to say.

#4: Find Where You Can Get Resources to Get Things Done - When you're in the office, it is easy to ask other people for help. To help you get things done, call your contact(s) and ask for help.

#5: Keep Your Television Off - Distractions are easy when the TV is on, but don't tempt yourself.

#6: Keep Your Chores to Non-Working Hours - Stop thinking about your laundry piling-up or vacuuming your house.

#7: Get Outside and Take A Walk or Run - There is plenty of research that shows people become irritable and restless when working from home for long hours. Although you can't get to the gym during the COVID-19 self-quarantine, we do suggest getting out of your home office.

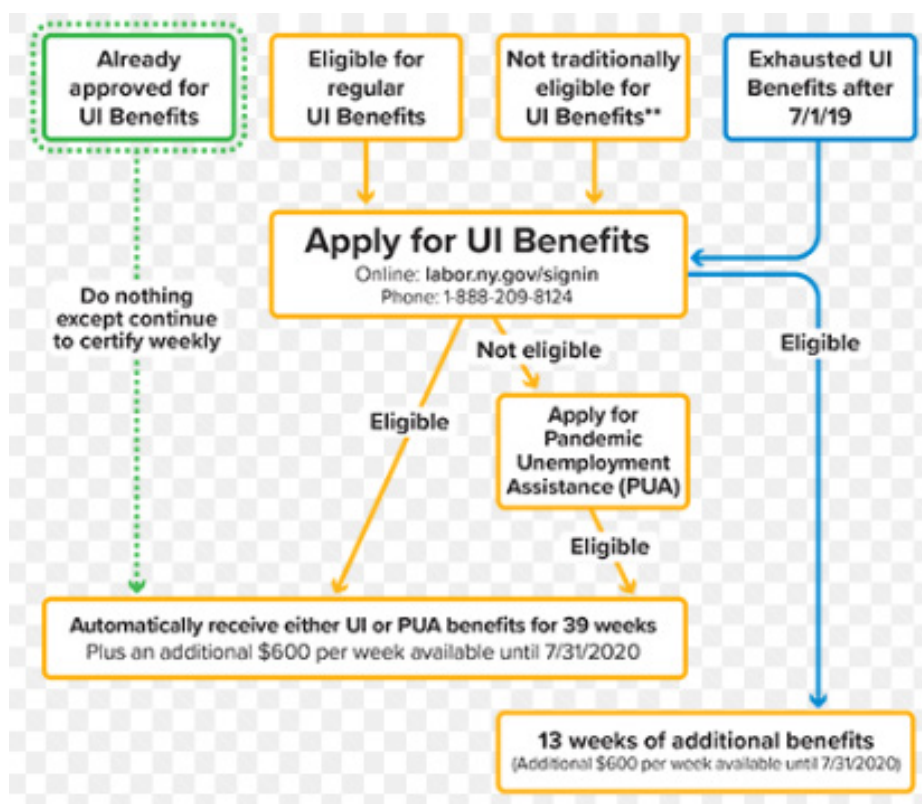
#8: Upgrade Your Computer AND Monitor - If you are using a Windows 8 and a 17" monitor, maybe it is time to go to Windows 10 and a dual monitor. Not only will this be a cheap upgrade, but your productivity will also skyrocket.

#9: Keep Your Background Noises at Bay - Working from home with kids and dogs can be quite a distraction; therefore, we recommend using your mute button if you are on a conference call.

#10: Set Expectations for Your Family - If you are working from home, it is important for your loved ones to know that you are working and that it is not OK to interrupt you or be loud.

“Abby, [Coursera.org](https://www.coursera.org/) is a web site I have used in the past for electrical engineering refresher and update classes. I found it a reputable and useful resource. It has many types of courses. I just received this and they show a way to connect to the Yale wellbeing course you mentioned in the phone call 99A [from] Thursday night.”

New York State Unemployment Benefits



Creative Ways to earn \$50,000:

Get 1 company to pay you \$50,000

Get 2 companies to pay you \$25,000 each

Get 5 companies to pay you \$10,000 each

Get 10 companies or people to pay you \$5,000 each

Get 25 companies or people to pay you \$2,000 each

Get 50 people to pay you \$1,000 each

Get 500 people to pay you \$100 each

Get 5000 people to pay you \$10 each

**Don't lose hope.
When the sun goes down,
the stars come out.**

JOYBAUER



Rob Carlos

March 18 at 3:16 PM · 🌐

So - I just learned. When you call your creditors, mortgage lenders, utilities, etc. asking for help due to loss of income, if you just say you've lost work, income, jobs, show cancellations, whatever, they can't help you.

Once you say "I have no income due to the Coronavirus", that's the keyword they need to hear to be able to enact their new policies, defer payments, halt late fees, etc.

And, apparently, they can't coach you to say it. You have to do it yourself.

Just FYI for everyone I know who, I suspect, needs this info. Companies have policies in place already - if you need them, use them!

“

Whatever you have – your skills, your love, your joy, your ingenuity, your ability to do things – please show it now. Do not try to save it for another lifetime.

Sadhguru

DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

Original Version 03/27/20

Websites that List Companies That are Hiring

<https://www.themuse.com/advice/companies-hiring-during-coronavirus-covid-19>

<https://www.linkedin.com/feed/news/heres-whos-hiring-right-now-5161074/> - I would check back here every day as they are adding new companies regularly

<https://jobs.covid19.nj.gov/> - This is for NJ. I believe California has a similar link but your state might be creating one too

Video Interviewing Tips from Indeed

- Find a quiet, private, well-lit place, free from possible interruptions by other people, pets or noises.
- Ensure your internet connection is stable.
- Check that your computer's audio is working.
- Test your computer's webcam.
- Position your webcam so that you have a neutral background free from distractions.
- Close any unnecessary web browser tabs and applications.
- Dress professionally. Avoid bright colors, logos, and tight stripes.
- Have a pen, notepad and a printed copy of your resume on your desk.
- When listening, nod and smile to show you are engaged.
- If you regularly use hand gestures, be sure to practice them in advance as sometimes hand gestures can look odd when your hands are cut off.
- Place your phone in silent mode. Close any email or messaging apps on your computer that might distract you with random notifications.

You'll want to practice video interviews before you actually need to have one. Ask members of your family or a job search buddy if they'd be willing to help you practice. If you'd like to hire a recruiter who is doing these all day long and can critique you while still helping you feel good about yourself, book a 30 or 60 minute mock interview with me. Get more details here: <https://abbyacrossamerica.com/mock-interview/>

Industries That Are Hiring During COVID-19 from Cultivated Culture

The industries mentioned below are “core industries” but the effects of their growth has ripple effects into other industries as well. For example, if a company/product focused on remote work (like Microsoft Teams or Zoom) is thriving, the advertising agencies, support agencies, and other shoulder companies supporting those businesses will likely be comfortable too (for now).

- Large Tech Companies – Companies like Google, Microsoft, Amazon, Facebook, LinkedIn, Twitter, Intuit, Apple, InVision, Salesforce, Hubspot, Oracle, & more
- Amazon announced that it will be opening 100,000 new jobs
- Companies with A Seasonal Need – i.e. Tax season: Intuit and TurboTax
- Companies Offering Products That Support Remote Work – Zoom, Slack, Asana, Trello, Zapier, and Basecamp.
- Online Learning Companies
 - Outschool is hiring thousands of teachers to help them meet demand.
- Food Delivery Services & Online Grocery Giants – Blue Apron, Door Dash, Amazon Fresh, Instacart, UberEats
- “Essential” Businesses – With settle-in-place mandates happening across the country, these companies are seeing a spike in demand – hospitals, grocery stores, pharmacies, restaurants with take out/deliver, etc.
 - CVS is hiring 50,000 full time and part time employees.
 - Walgreens is hiring 9,500 workers.
 - Walmart announced that they are opening 150,000 jobs
 - 7Eleven is hiring 20,000+ store employees
 - Dominos, Papa Johns, Costco, Dollar Tree, Dollar General, PepsiCo, etc.
 - Postmates, Grubhub, Seamless, Fresh Direct, PeaPod, Costco, Caviar, etc.
- Digital Entertainment & Streaming Services / Video Games
 - Disney+ and Netflix
 - The video game industry - Steam
- Jobs in healthcare industry – nurses, data specialists, researchers and scientists, communications specialists
- Some pharmaceutical companies
- Healthcare Supply Companies - Honeywell and 3M
- Plants from GM, Tesla, and Ford producing ventilators
- Cleaning & Sanitization
- Productivity Software – Zoom, Slack, Asana, Atlassian, Zapier, & Basecamp.
- Grocery/Food Delivery/Essential Businesses –
- Online Streaming Services – Disney, Netflix, Hulu, YouTube, Philo, & news networks like ABC, CBS, NBC, etc.

The List: Top 25 Employer Partners for Remote Work in 2020 according to Virtual Vocations

1. Ultimate Software
2. eXp Realty
3. Study.com
4. Aviocode, Inc.
5. Lionbridge Technologies, Inc.
6. K12 Inc.
7. LanguageLine Solutions
8. Scopic Software
9. DVMelite

10. VIPdesk Connect, Inc.
11. Lyra Health, Inc.
12. Clevertech
13. TTEC (Formerly TeleTech)
14. Achieve Test Prep
15. Aledade, Inc.
16. Sierra-Cedar, Inc.
17. Offensive Security
18. Squadrun, Inc. (Squadvoice)
19. First Quarter Finance
20. BELAY
21. Osmosis
22. Mindojo
23. Allstate Insurance Company
24. Dentist Entrepreneur Organization
25. Net Transcripts, Inc.

Other Lists of Best Remote Work Websites

<https://www.ryrob.com/remote-jobs-websites/>

<https://www.creativelive.com/blog/best-sites-finding-remote-jobs/>

<https://breathingtravel.com/best-sites-to-your-dream-remote-job/>

<https://skillcrush.com/blog/sites-finding-remote-work/>

<https://www.diygenius.com/best-websites-for-finding-remote-work/>

Top 20 Remote Work Websites according to DIYGenius

- Jobspresso - A beautifully designed curated list of remote jobs for developers, marketers, customer support specialists, content writers, designers, project managers and more.
- We Work Remotely - A popular job board for jobs that aren't restricted by commutes or a particular geographic area.
- RemoteOK - RemoteOK aggregates remote jobs from across the website and filters them by data and category.
- Working Nomads - The guys at Working Nomads curate the best digital jobs for those looking to work remotely.
- The Muse - This beautifully designed job search engine has a good selection of remote work and flexible job opportunities that you can browse.
- Angel List - Many fast-growing startups are actually remote companies that hire their workforce from the four corners of globe.
- Remote Jobs - Their remote jobs board has positions in engineering, marketing, design, customer support, sales and education.

- Hubstaff - They have a wide range of project-based work categorized by development, marketing and sales, design, writing, content marketing, administration, customer support and business consulting.
- FlexJobs - A massive database of hand-screened remote jobs at employers that allow telecommuting, part-time work, freelancing and flexible job arrangements. You will find jobs in 55 career categories that range from entry-level to executive-level positions. What's different about FlexJobs is they charged a \$14.95/month fee for their service.
- Virtual Vocations - They cover a wide range of remote jobs generally not covered by the other websites include technical writing, bookkeeping, paralegal, teaching, proofreading and translation.
- Indeed - Don't forget to search for remote jobs on the world's largest job search engine. Indeed indexes more jobs than any other website and this probably includes many of the best remote jobs. Try using keywords like "remote jobs", "remote work", "telecommuting jobs".
- Upwork - If you're looking for contract-based freelance employment, Upwork is the world's largest peer-to-peer platform for freelancing. There are a lot of low-priced and skilled professionals on here, so you'll have to build your digital portfolio to get noticed. Similar websites to check out are PeoplePerHour, Guru and Freelancer.
- Toptal - Another peer-to-peer remote work platform but what's different about Toptal is they are geared the top 3% of freelance talent. If you're a highly skilled developer, designer or financial specialist you can find good-paying work here. Other similar website worth applying to are CloudPeeps and LinkedIn ProFinder.
- Authentic Jobs - They bill themselves as the job board that posts authentic jobs for designers, hackers, and creative pros.
- Skip The Drive - Skip The Drive covers a lot of job types beyond typical remote work opportunities such as health care, sales, recruiting, finance and accounting.
- Remote Tech Jobs - A remote job board for developers, designers, testers, digital marketers and support engineers.
- Remote Jobs on Reddit
- Another great spot to find remote jobs is by browsing Subreddits related to digital nomads, remote work and working from home. Here are some of the most popular and active Subreddits for finding remote work:
 - <https://reddit.com/r/digitalnomad/>
 - <https://reddit.com/r/WorkOnline/>
 - <https://reddit.com/r/WFH/>
 - <https://reddit.com/r/RemoteJobr/>
 - <https://reddit.com/r/freelance/>
- Remote4Me - posts a lot of software development jobs but also non-technical jobs in such as salespeople, recruiters, managers, marketing, writers, designers and customer support
- Idealist - If you're an aspiring social entrepreneur or community builder then you're going to love Idealist.
- Outsourcely - An online marketplace for freelancers who want to work with companies that are outsourcing positions. You will find remote work in design, web development, mobile apps, content writing, administrative support, customer service, sales, marketing and general business services.

Interview Follow Up Script – Polite Persistence

Dear X –

I'm writing this note to tell you that I am thinking about you and your business and I am sending my wishes that you are both well. I was very interested in the ____ position before COVID-19 and that hasn't changed. I look forward to reconnecting with you when life gets back to normal.

Until then, take care!

John Doe

Networking Note

Dear X –

It seems very strange for me to be writing to you today in an effort to network with you in these challenging times, but I believe that paying it forward is key. I have been recently displaced due to COVID-19. So, first, is there any way that I can help you? I have lots of free time now, so please just ask.

Secondly, can you recommend someone in your network that might need to hire a fill in your preferred position? I would certainly appreciate any recommendations or referrals.

I will continue to keep you and your fill in business or family or something else in my thoughts.

Please do take care!

John Doe

Virtual volunteering activities

Organization	Help needed
A Million Thanks	Letters to military service members
All for Good, Points of Light	Multiple projects
American Red Cross	Digital Volunteer
Amnesty Decoders	Multiple projects
Be My Eyes	Sighted volunteer for sight-impaired users
BookShare	Scan or edit books
Catchafire	Multiple projects
Crisis Text Line	Emotional Support Texter

DoSomething.org	Multiple projects
Family Eldercare	Lifetime Connections Without Walls
Girls Love Mail	Letters to cancer patients
IMAlive	Online Support Counselor
Missing Maps	Mapping
Project Gutenberg	Proofreading ebooks
Project Linus	Multiple projects
RAINN	Hotline Volunteer
Smithsonian	Digital Volunteer
Table Wisdom	Become a Mentor
Taproot Plus	Multiple projects
The Trevor Project	Trevor Chat; Trevor Text
Translators Without Borders	Translating
UN Volunteers	Multiple projects
VolunteerMatch	Multiple projects
Zooniverse	Multiple projects

Paying It Forward

The fastest way I know to feel better about life right now is to help someone else. So, look around you and seek out opportunities to pay it forward.

- 1) When you watch the news, they will of course mention people who are struggling. Who can you reach out to from that group?
- 2) Read social media and look for people asking for help. If people are asking for referrals, think of someone you can refer.
- 3) Support your local entrepreneurs (coaches, consultants, photographers) if you can. They are hurting now and need referrals for current or FUTURE business.
- 4) Order take out from your local restaurants. Thank them for staying open when you go to pick up food. They are staying open to keep variety in your life.
- 5) Reach out to one friend every day to see how you can help them. Just a call will make their day. Trust me...I know.
- 6) Please rent "[Pay It Forward](#)" on VUDU (or other pay-per-stream sites) if you can. It may change your life and it may even change the world.

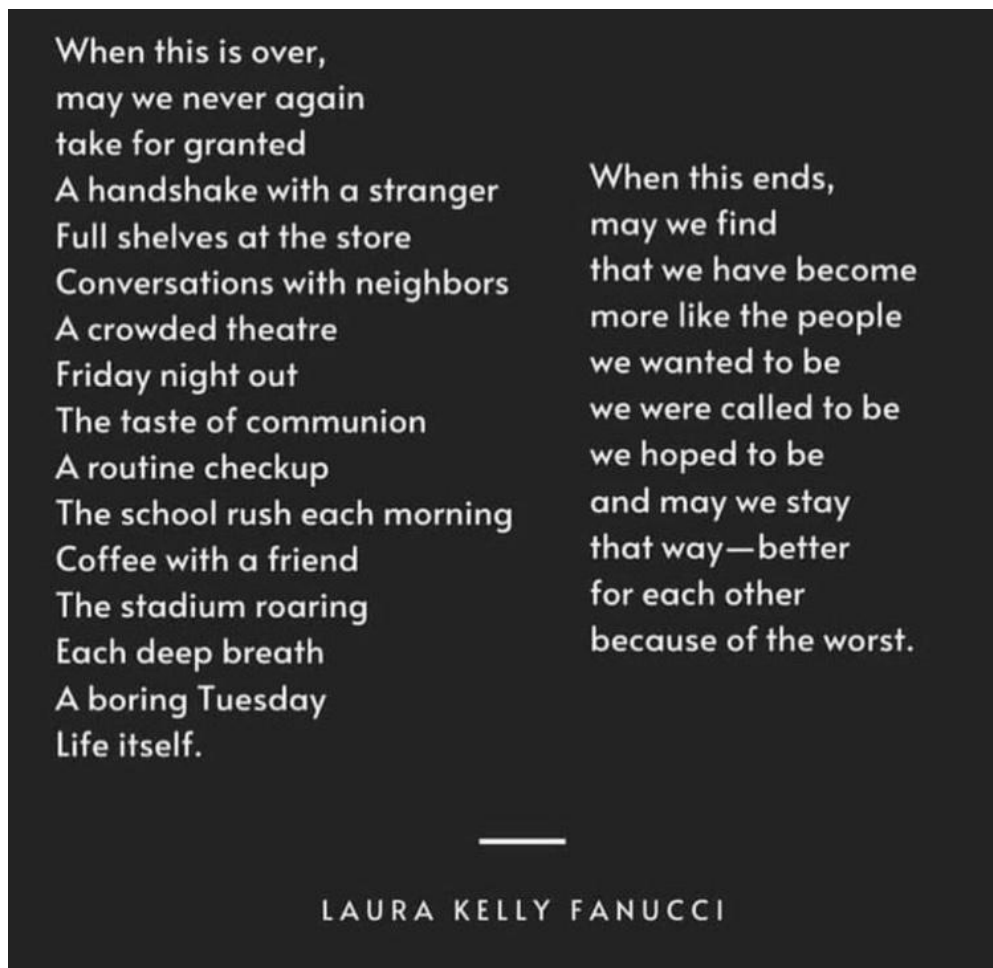
Small Business Administration Disaster Assistance in Response to the Coronavirus

- The U.S. Small Business Administration is offering designated states and territories low-interest federal disaster loans for working capital to small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19).
- SBA's Economic Injury Disaster Loans can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.
- For additional information, please contact the SBA disaster assistance customer service center. Call 1-800-659-2955 or visit <https://www.sba.gov/funding-programs/disaster-assistance>

United Way Relief Funds

- Helps with bills, rent & food.
- Call 866-211-9966 or <https://www.unitedway.org/recovery>

Be resourceful and search any organizations that might be supporting your particular industry or line of work. For example, displaced bartenders can apply for assistance with The USBG National Charity Foundation: <https://www.usbgfoundation.org/beap>





LOCKDOWN SELF CARE

BY DAREBEE © darebee.com



Create a routine.

Our lives fall apart without structure so it's important we create a new one to keep it together. Set an alarm to wake up to every day, allocate specific time for exercise and meals. Set daily goals whether it's chores or work.



Talk to someone everyday.

We are social creatures and we need human contact, whether we want it or not. Without it, eventually, we will feel disconnected, alone and hopeless. Call your friends or make new ones, talk via video chat or to strangers online.



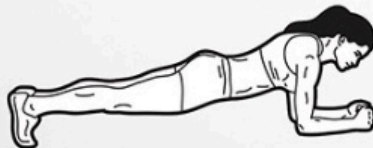
Put on fresh pants.

...And other clothes. What we wear affects how we feel. If we wear the same clothes every day or don't put any effort in our appearance (since no one is watching) we will eventually begin to feel like less of a person. The same goes for shaving and washing your hair.



Meal Plan.

Decide what to eat days in advance. This doesn't just prevent you from making questionable food choices in the moment but removes food anxieties and reduces stress. Write it down and see how you can improve it to boost each meals' nutritional value. Learn how to cook with basic ingredients, if you can.



Exercise, then exercise some more.

Pick a time slot and put in at least 30 minutes of vigorous exercise a day. It'll help your body and mind stay healthy. Find over 1400+ free workouts at darebee.com/workouts if you are pressed for home-friendly exercise ideas.



Hydrate.

Set up an alarm for every two hours to remind you to have a glass of water. It's easy to forget.