



work learn play

The "Stay Home"
Edition

Small acts, when multiplied by millions of people, can transform the world.

– *Howard Zinn*

Challenging times like these remind us of the importance of connection and community.

We wanted to reach out to you – our community – to share a different kind of newsletter: one filled with good news, lighter reads, and resources you can turn to during these days of social isolation.

Take advantage of this pause. Slow down, connect with family, reach out to others (virtually!), seek ways to help.

We'll get through this.

Together.

Tara & Kevin
Founding Partners
Clariti Group

look for the light

It may seem harder to find these days, but there is still a lot of positive news out there! Here's a few headlines to get you started:

[Treatment might already exist](#)

[Portable COVID-19 Test from Ottawa](#)

[Bill Gates: Countries that shut down could bounce back in weeks](#)

[Widespread testing and social distancing really work](#)

[Vodka-maker switches from booze to sanitizer](#)

[Deadly viruses are no match for plain old soap](#)

[Mild symptoms, then recovery](#)

[Cleaner air, clearer water](#)



stay informed

[World Health Organization](#)

[Government of Canada](#)

[Ontario Ministry of Health](#)

[Ottawa Public Health](#)

[worldometer](#)

stay connected...at a distance

Thankfully, staying connected to colleagues, family and friends these days is easy, no matter where they may be in the world.

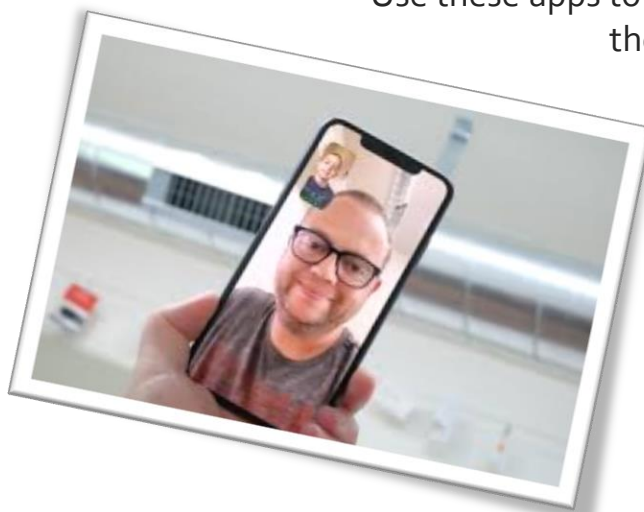
Use these apps to help you close the gap during these times of social distancing:

[Apple FaceTime](#)

[Google Hangouts](#)

[Skype](#)

[Zoom](#)



listen

[Berliner Philharmoniker](#)

[Broadway World](#)

[Chamber Music Society of Lincoln Centre](#)

[Complete Concerts](#)

[Grammy Museum](#)

[Metropolitan Opera](#)

[NAC: Canada Performs](#)

[Seattle Symphony](#)



move

[A Great Canadian Running Challenge](#)

[CrossFit](#)

[Down Dog](#)

[Livestream Fitness Classes](#)

[Planet Fitness Canada](#)

[STRONG by Zumba](#)

[Yogatown Yoga Classes](#)

play

[The Dad Lab](#)

[Lunch Doodles with Mo Willems](#)

[Illustrated Periodic Table](#)

[Virtual Museum Tours](#)

[Virtual Tours of Canadian Museums & Attractions](#)



smile

[MiuMiu](#)

[DIY Pac Man](#)

[Drone dog walker](#)

[Singing Italians](#)

[Fantastic Things in the World](#)



cook

(comfort food recipes!)

[Bon Appetit](#)

[Delish](#)

[Eating Well](#)

[Food & Wine](#)

[Food Network](#)

[Taste of Home](#)



meditate

[Aura](#)

[Buddhify](#)

[Calm](#)

[Headspace](#)

[InsightTimer](#)

[Sattva](#)



SPRING READS

(CLICK FOR SUMMARY)

Together is Better

Everybody Matters

The Hard Thing About
Hard Things

Simple Habits for
Complex Times

ENGAGING TED TALKS

Alanna Shaikh:
Why COVID-19 is hitting us
now & how to prepare for
the next outbreak

Charlie Jane Anders:
Go ahead, dream about the
future

Rabbi Lord Jonathan Sacks:
How we can face the future
without fear - together

Kelly McGonigal:
How to make stress your
friend

learn



Complimentary Webinars from Clariti

[Managing a Remote Workforce](#) - March 24th @ 9am

[Working from Home 101](#) - March 31st @ 12pm

[Keeping the Business Running](#), Human Resources Director,
March 24th, 11:30am

[Tackling Your Top Concerns About Coronavirus](#),
HRDownloads, March 24th @ 2pm

[Navigating COVID-19 in Canada: What Employers Need to
Know](#), Ultimate Software, March 27th @ 2pm

[How to talk with loved ones who aren't taking Coronavirus
precautions seriously](#)

For kids:

[Ontario Government Learn at Home](#)

[Scholastic Learn at Home](#)

[Khan Academy](#)

[Other Free Education Subscriptions](#)

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Clariti Group works with individuals and employers in the areas of career transition, leadership and team development, knowledge capture and transfer, and workplace investigations and restoration.

Our mission is simple - to help individuals and teams achieve:

clearly **great** careers.
clearly **great** workplaces.